2006 PRIDE ISSUE
OUT & PROUD
MGW
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Volume 09 | Issue 21
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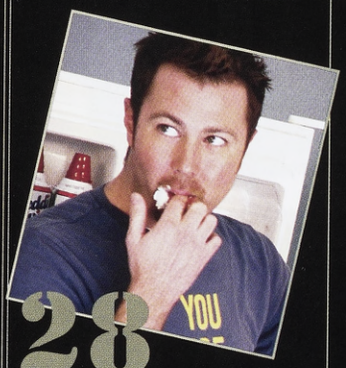

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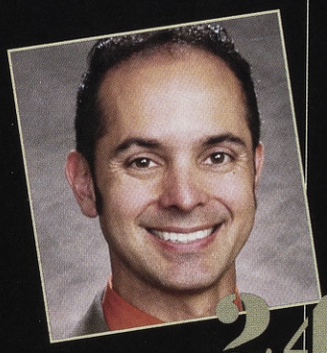

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FROM THE EDITOR

NO, I WON'T SAY "THANK YOU"

Anyone who has read my columns over the years, particularly around the times of Pride Month or National Coming Out Day, know I usually retell some aspect of my personal struggles with coming out at age 18 and the physical and mental abuse I endured and overcame. It's a long sorted Lifetime Movie -of-the-Week and I want Lindsay Wagnor to play my part.

The condensed version is simple: fat, gay kid grows up oppressed and closeted, comes out at 18, mother eventually accepts it, male family members turn violent, 17 years later, I'm self-empowered and an outspoken activist for gay rights, human rights, animal rights, freedom of religion, freedom from the Bush administration, our soldiers getting killed for unjust reasons and Netflix. I am still fat, still gay, still liberal to the core and now I talk about it... a lot.

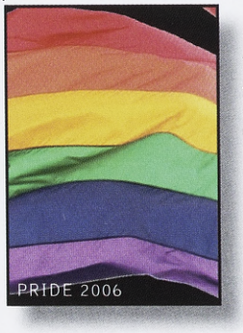
One thing I talk about to folks is what it means to be proud of being gay. This comes up often as there is always some obstinate straight psuedo-intellectual who will want to argue the concept of gay-pride—"The concept of gay-pride is in itself misleading as one shouldn't be proud of the sexual activities he or she is driven by their nature to perform." Yeah, tell an straight, 18-year-old frat boy that after he gets laid for the first time—by a cheerleader.

And of course there are the "newly out" a.k.a. Gay Babies, who are struggling to be proud of something they have for years tried to oppress and hide for fear of being ostracized and persecuted. "Are you proud of having sex with men? If you were heterosexual, would you be proud of preferring sex with women? Are you proud of your difference? Proud of being "victimized" and stereotyped?"

My answer is that I am proud of overcoming the obstacles that others have placed in my path. I'm proud to be part of a culture of people who have fought long and hard to say, "No, we're not different from you. We're just as good as you."

While we like to believe things are getting better every day and the vehemence in which anti-gay forces is diminishing, it's still a deep-seeded reality that permeates even the simplest of subjects.

Last month I wrote about American Idol runner-up Clay Aiken and the scandal around his alleged gay sex scandal. I heard from more than a few "Claymates" and "Claydawgs" as they call themselves (don't get me started) ages ranging from teens to 40s. Several of them were concerned about the scandal and its ridiculous nature, but most of them were angry not over their hero being railroaded by internet idiots, nor about the ridiculous legal claims—they were pissed that someone said he might be gay!


PRIDE 2006

These are the types of attitudes that we who made the choice to live our lives and work in our fields openly have faced and will continue to face again and again. Why do we do it? For the Gay Babies, of course—so they can join the ranks of the out and proud hopefully having to deal with a little less hatred than we have endured.

In this issue we have an article with West Sacramento Mayor Christopher Cabaldon, who made the choice to come out during one of his speeches a few weeks ago. Conveniently, there was a documentarian from LOGO TV filming the event. He was also asked to serve as Grand Marshall of Sacramento's Pride Parade. The day after his announcement, many of us received emails asking us to call and email Cabaldon and thank him for coming out. "Thank" him? What am I thanking him for? Thank him for being gay? Thank him for how many years of denial? Thank him for finally realizing he didn't have pretend to be something he's not to be a good politician? Nope, that doesn't make me feel very thankful.

However, I will thank him for becoming a visible and well-respected role model for those who still need to find their own way through the closet door. I will also congratulate him on finding the courage it took to step through the door himself. "Welcome. You've Got Male."

It is important that those of us within the queer community who have opted to be "community leaders" in our fields are not to be silent or afraid to say, 'Yes, I am queer, and I am proud of who I am and the community I am a part of." It's the only way future Gay Babies will have a fighting chance of not being singled out merely on the terms of sexual orientation and will grow up with their own sense of "pride" and accomplishment—not fear.

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MGW

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RESPONSE

DEAR EDITOR

PREVIOUS ISSUE

FORMER MGW MAMA'S BOY JOHNATHAN FAULK
PHOTO BY RICH JONES

"LEATHER EVENT A SUCCESS"

$1,200 was raised for Breaking Barriers, the Sacramento Valley area's catastrophic illness service organization, at "A Good Friday Flogging." The event held at The Bolt bar in Sacramento on April 14 was produced by Michael Kelly, Northern California LeatherSir 2005 and sponsored by MGW Newsmagazine and The Bolt. Featured at the event was Derrick Hanson from Raging Stallion studios who was flogged over the course of the evening and who had various pieces of his clothing raffled or auctioned off. The event concluded with Derrick's last piece of clothing, his jock strap, being auction off for $260.

Breaking Barriers Community Services Center is a volunteer supported, service oriented non-profit organization. Their mission is to coordinate a community response to assist in the early diagnosis and prevention of and provide care for people living with catastrophic illnesses. Breaking Barriers' programs are volunteer supported and provide a wide range of services from transportation to and from appointments, food delivery and household help, to educational outreach, workshops, and case finding. Breaking Barriers' clients come from all walks of life, from the homeless living on the streets to people who are housed but in need.

The LeatherSir and Leatherboy titleholder promote the best of the gay leather community. Community service and fundraising is a major focus of the titleholder's activities. Hundreds of thousands of dollars have been raised by the various titleholders in the LeatherSir and Leatherboy community across the country.

Michael Kelly also holds the title of Sacramento LeatherSir 2005 and will be concluding his title year on May 6, 2006 when the Sacramento LeatherSir and Leatherboy 2006 contest is held. He will also conclude his Northern California title year in July when the Northern California contest is held in July in San Francisco.

DAVID SHOREY
SAC. VALLEY LEATHERMEN
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"FIRST SACTOWN SHOOTOUT SCORES BIG"

[The Sacramento Hoopsters] had a very successful tournament judging including record-breaking nights in terms of revenue at our local bars (Headhunters on Friday and Faces on Sunday). Our Saturday night party was also unbelievable with nearly 200 people in attendance.

The Tournament Committee for our Sac Town Shootout National GLBT Basketball Tournament would like to thank Terry Sidie, Marge and all the staff at Headhunters and Faces for putting on an UNBELIEVABLE spread for us on both Friday and Sunday nights! Your support did not go unnoticed and we appreciate it very much. Our out-of-town guests were impressed!

We couldn't have done it without you!

The results of the tournament: Level A Men's Champions - LA Freeze; Level B Champions - Long Beach Ballers; Women's Champions - Reno/Sac Funky Monkeys

MARK JACOBSON &
THE TOURNAMENT COMMITTEE
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LAMADRID BBQ

On Thurs. May 4, the Sierra College G&L Alliance Club held a Fund-raising BBQ with proceeds aiding the search for Missing Person Kathryn LaMadrid. Kathy has been missing since 2004. The Alliance Club raised $894 and was said to be one of the biggest fundraising BBQ's Sierra College has had. My thanks to Justin, Teena ,Nanette and all of Sierra College Alliance Club and students for your donations & participation. Thank you to Safeway on Alhambra, Costco at Expo Blvd., Calvada Foods on Richards Blvd, Norcal Produce in West Sac. and Tony's Fine Foods in West Sac. for your generous donations of food. The money will go towards expenses for Search and Rescue with dogs. Donations can be sent to: Kathryn LaMadrid Fund c/o Placer Sierra Bank, Roseville Sq. Banking Center, 110 Harding Blvd. Roseville, CA 95678.

SHELLI LAMADRID
COMMUNITY MEMBER

LETTERS TO THE EDITOR

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BLACK CAUCUS ANNUAL DINNER

A black same gender loving delegation posed at the California Legislative Black Caucus annual dinner in Beverly Hills. Prior to the dinner, the Legislative Black Caucus hosted a discussion on LGBT civil rights that was sponsored by the National Black Justice Coalition and featured Legislative Black Caucus Chair Assemblyman Mervyn M. Dymally (D-Compton), Senator Sheila Kuehl (D-Santa Monica), Palm Springs Mayor Ron Oden, Berkeley City Councilman Darryl Moore, Long Beach City Councilwoman Laura Richardson, and special guest civil rights leader Reverend James Lawson.

LGBT CAPITOL EXHIBIT RETURNS

For the fifth year in a row, the California State Capitol Museum Second-Floor Capitol Rotunda will display an exhibit recognizing the history of gays and lesbians. A remembrance of significant GLBT Californians and their contributions, this year's exhibit will be completely new. Photography and artwork by Daniel Nicoletta, Stathis Orphanos, Don Bachardy, and others will be featured. This display is part of a series of Community Pride projects brought to you by the Legislative LGBT Caucus and the Lavender Library, Archives and Cultural Exchange (L.L.A.C.E.) 1414 21st St., Sac. The exhibit will be on display during regular Capitol hours June 1-30. Join us at the opening ceremonies 5pm, in early June, Capitol Rotunda. lavenderlibrary.org

QUEEN BOUDICA CALLS

The annual Celtic Midsummer Faerie Festival will be celebrated June 10-11 at the Greater Sacramento Area VFW Hall and property, 8990 Kruithoff Way, Fair Oaks. The event is free with a donation of non-perishable food and open to all, and will feature Celtic music, dance, drumming, and poetry. There will be food with places to lounge in the shade and a Celtic Village to explore. The festival is sponsored by the Sacramento area Celtic and Pagan communities. There will also be vendors and sword fighting displays, processions, ancient ritual reenactments; and in Faerie Land, a fire-breathing Dragon. Proceeds will benefit the Grove of the Oak Community Fund.

WOMEN'S MOTORCYCLE EXPO

The Women's Motorcycle Expo on June 3-4 at the Gold Country Fairgrounds in Auburn is the first Expo of its kind, focusing on women who ride, women interested in riding, their peers, families and partners, welcoming all bikes, women and men riders. Exhibitors will include major motorcycle and parts manufacturers, custom bikes, miscellaneous product and apparel vendors. Two days packed with fun and excitement featuring live music, bike games, ride-in bike show, food, drinks and spirits, informative clinics and many opportunities to network with other bike enthusiasts and club members. A portion of the proceeds will benefit Women Escaping a Violent Environment (WEAVE). The Women's Motorcycle Expo will inform and enrich the community about the many facets of the motorcycle lifestyle for women by providing a fun, safe, educational, and entertaining event. realwomenride.com

TEXTBOOK BILL

A bill to require teaching of LGBT history in California schools will be voted on in the state Senate California requires that African Americans, Mexicans, Asians and other cultures be included in textbooks that discuss the development of California. The bill, by Sen. Sheila Kuehl (D-Los Angeles) would add gays and lesbians to that list. Kuehl is the only openly lesbian member of the legislature.

Starting April 30th and continuing through August, MCC Sacramento will focus upon a different aspect of our LGBTQ community during their PRIDE IN PERFORMANCE. Its purpose is to develop understanding and underscore the unity of each of the colors in our Pride Flag. As a spiritual community MCC offers a space where each one of us is able to celebrate our freedom in individuality. Each Sunday they will explore the topic of finding peace between spiritually and sexuality. Below are highlights of our worship services.

MCC CALENDAR

May 21
Transgender Sunday

May 28
Memorial Weekend

June 4
Drag Kings and Queens Sunday

June 11
Sacramento Pride Weekend

June 18
Father's Day

June 25
People of Color Sunday

July 2
Bisexual Pride Sunday

July 9
Bear & Body Image Sunday

July 16
Leather Community Sunday

July 23
Straight Allies Sunday

July 30
Recovery Sunday

August 6
Youth Sunday

August 13
Marriage Equality Sunday

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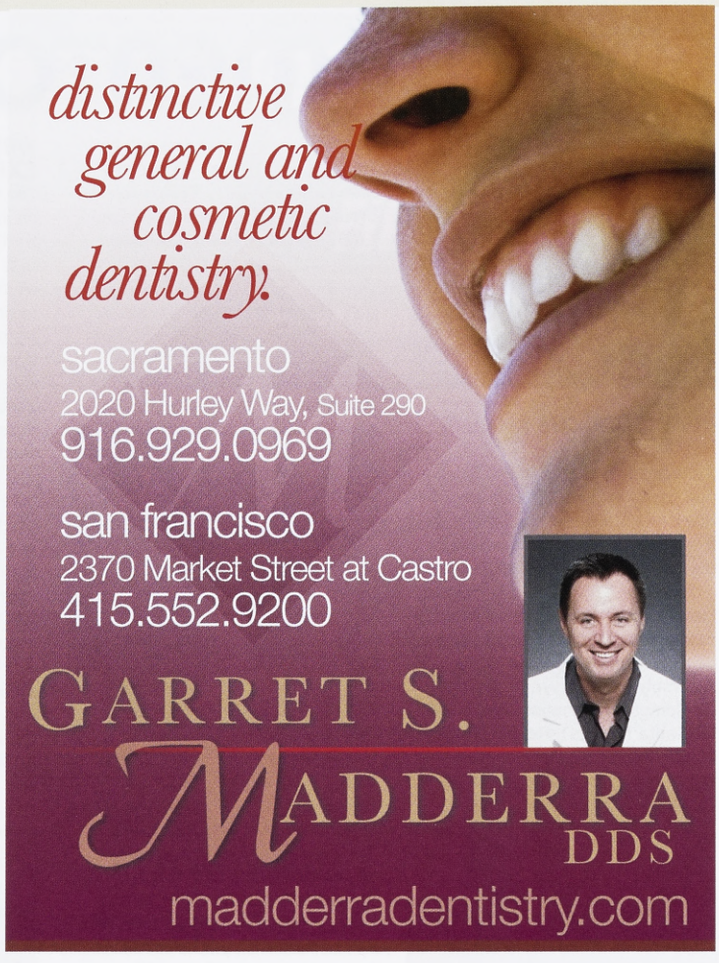

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EQUAL HOUSING LENDER

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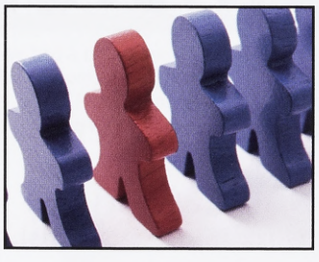
SACRAMENTO NEWSWIRES

ADOPT-A-CAT MONTH

Pet Sanctuary is holding a Second Saturday Art Show & Reception as part of June's "Adopt-A-Cat Month". Sponsored by Sacramento Magazine on Sat., June 10 from 6–9pm in the parking lot of Sacramento Magazine, 56th and H Sts., the event will feature artwork by Happy Tails' talented four-legged residents—all looking for good homes. All pieces will be matted and framed, and will be accompanied by a photo and bio of the furry artist. Proceeds from the sale of the artwork will benefit Happy Tails Pet Sanctuary of Sacramento. In addition, there will be animal-related artwork donated by local human artists, as well as food, beverages, a prize drawing and music. Happy Tails volunteers will be on hand to pass out information and answer questions about the sanctuary. Happy Tails is Sacramento's first no-kill pet sanctuary, founded in 1993 by volunteers committed to a common goal: To create a safe haven for abandoned and abused animals. happytails.org.



SAC DEMS ARE ON THE RISE

Stonewall's membership on Rise
In May the Sacramento Stonewall Democratic Club of Greater Sacramento hit another high with their membership numbers. The Club's membership reached 500. Dr. Darrick Lawson, Club President, said "Our club is only four years old. When we started we never dreamed that we would become the largest and most active Democratic Club in the region!" Lawson went on to note that Sacramento Stonewall started with just six members. Since 2002 it has become a respected political voice at the local level. "We've accomplished so much in a few short years: meeting and working with elected officials, helping qualified club members earn appointments to city and county boards and commissions, and sponsoring the passage of the Equal Benefits Ordinance in the City of Sacramento," Lawson continued. The Club meets monthly at the Lambda Players Theater, 2427 17th St. (at Broadway).

STONEWALL REMEMBRANCE DINNER

The first Stonewall Remembrance Dinner is set to be held June 2 at 6:15pm hosted by Interweave, the GLBT advocate chapter of the Unitarian Universalist Society, 2425 Sierra Blvd., ejjabla@earthlink.net. tickets are $10-15. The dinner, modeled after a seder, a Jewish celebration of remembrance, will utilize symbolic food and music to tell the story of the persecution of the gay, lesbian, bisexual and transgender (LGBT) community in the United States. It will commemorate the Stonewall Uprising on June 27, 1969. The evened marks the beginning of the modern Gay Pride Movement.

The first Sactown Shootout Basketball Conference got underway in early May and was well-received by the Sacramento community. League Founder Mark Jacobson says they are committed to making the tournament a yearly event and thank everyone who was involved. The Hoopsters are also fielding two men's basketball teams (as part of Team Sacramento) at the Gay Games in Chicago, and are seeking sponsorship dollars to defray costs of uniforms and travel expenses. Show them your support by contacting them through sacramentohoops.com

Level A Men's Award Winners
Championship team - LA Freeze
(Defeats Atlanta Trade 61-50)
Runner-up team - Atlanta Trade
MVP - LaMont Long, LA Freeze

All Star Team
LaMont Long - LA Freeze
Curtney Edwards - Atlanta Trade
Shawn Carstons - Chicago Spin
Jeff Kreiling - Chicago SOFO
Greg Ganzy - Atlanta Trade

Level B Award Winners
Championship team - Long Beach Ballers
(defeats Castro Crabs, 58-52)
Runner-up team - SF Castro Crabs
MVP - German Munujez, Long Beach Ballers

All Star Team
German Munujez, Long Beach Ballers
Paul Thao - Sacramento Elephants
Eric Styles - Dallas Drillers
Peter Myers - San Francisco Castro Crabs
Jan Michael Taylor - SF Castro Crabs

Women's Award Winners
Championship team - Reno Funky Monkeys
(defeats NorCal Hoopsters, 63-48)
Runner-up team - NorCal Hoopsters
MVP - Amanda Levens, Reno Funky Monkeys

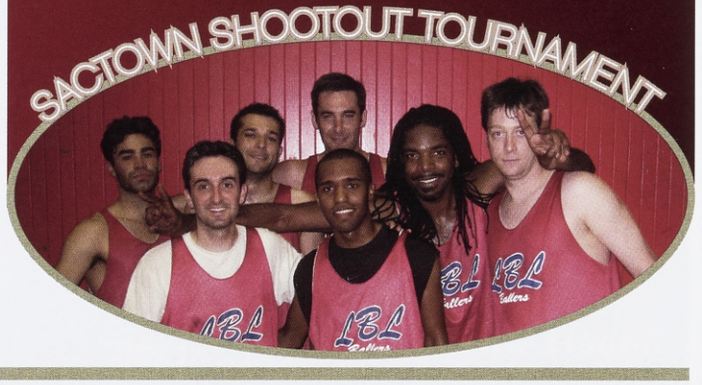
All Star Team
Amanda Levens, Reno Funky Monkeys
Kylee Kersliner, Sacramento Fantanas
Anna Platz, Sacramento Shooters
Coral Sage, NorCal Hoopsters
Hekagava Washington, Reno Funky Monkeys

Scores and Results
Level A Semifinals:
Atlanta Trade - 53, Chicago SOFO - 42
LA Freeze - 38, Chicago Spin - 30

Level B Semifinals:
LB Ballers - 54, Dallas Drillers - 49
SF Castro Crabs - 53, Sacramento Elephants ?

Women's Semifinals:
Reno Funky Monkeys - 54, Shooters - 36
NorCal Hoopsters - 60, Fantanas - 50

PHOTOS: TOP—L.A. FREEZE WON THE A BRACKET AGAINST ATLANTA. BOTTOM—LONG BEACH BALLERS AFTER THEIR WIN AGAINST THE SF CASTRO CRABS IN THE B BRACKET FINALS. PHOTOS BY PATRICK BONNET



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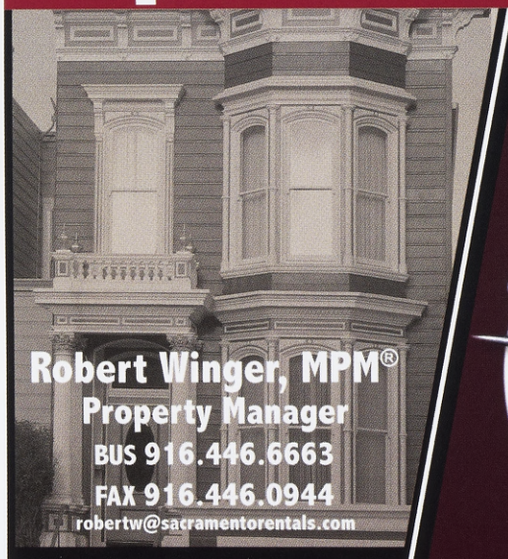

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A Mother's Day Tribute

By David Alexander Nahmod

Dolores Goodwin, my Mother in Law, was born on April 29, 1930. She passed away in February 2006, after a life of hardship that she did not deserve.

Dolores lived her entire life in Lichtfield County, Connecticut, mainly in the town of Burlington, though her childhood was spent in neighboring Bristol. She never travelled. I don't know if she ever even left the State of Connecticut.

I met Dolores in the Fall of 1999, shortly after I had met her son Beecher. She lived in a run down, two room shack. It had been her home for nearly 50 years, and in it, she had raised four children. The house had no bathroom. On cold winter nights, where temperatures below zero were not uncommon, Dolores and her family made their way through the snow, to the outhouse, about 50 steps from their front door.

We were considered poor when I grew up in Brooklyn, New York. We lived in a walk up apartment in a non-descript red brick building in a very blue collar neighborhood. It was the kind of neighborhood Archie and Edith Bunker would have felt at home in. As a child I resented the having to watch our black & white portable television. I wanted a color TV. I wanted us to have a car. Alas, we could not afford such luxuries.

But my parents, my brother and I had six rooms to call home. We had a bathroom. We had a living room.

Until I met Dolores at her two room shack, where a family of six had lived, I never knew what real poverty was. Dolores, Bless her Heart, turned that shack into a warm and loving home. For nearly three decades she worked two full time jobs. No matter what obstacles lay before her, Dolores made sure the Goodwin kids had food and clean clothes every day. And they had a loving mother who raised them to be loving, caring individuals.

When Beecher took me to meet his Mom that brisk Fall day, I must admit that the sight of the house shocked me. At that point, I was living alone in a cramped, one bedroom apartment in Hoboken NJ. But, I had a bathroom, comfortable chairs to sit in, and Hoboken, the blue collar birthplace of Frank Sinatra, had become a gentrified yuppie paradise. I had moved up in the world.

Snob that I had become, I could not imagine living in that tiny shack for one year, or even one week, much less a half century. Then I was ushered in to the all purpose little room that served as entrance foyer, kitchen, dining room, living room. There was a small, wooden table with four chairs around it, the only places to sit. And there was Dolores, a woman pushing 70 whose face revealed all the hard knocks life had dealt her.

I was a gay man, there to meet my boyfriend's mother, in a town not known for it's tolerance of homosexuals. And I was warmly embraced, and fed one of the best chicken dinners I ever had.

I was 43 years old, and this was the first time I had ever spent time as part of a family, completely accepted as the gay man I am.

Beecher often said that his mother was his best friend. As I watched them engage in small talk, I could see the deep bond and love that existed between them. Once upon a time, Beecher had been married. He had two teenage boys. His marriage had ended when he came out. Dolores accepted him as a straight man. She accepted him as a gay man. She loved and embraced him unconditionally and without judgement, as she accepted all who crossed her path.

Once I asked her how she was able to so easily accept me in her son's life. I had come from a family of judgemental religious fanatics, a family that rejected who I was. Lichtfield County was no better. The area's gay community was uniformly closeted in the face of the hostility they faced. This was a part of the country where public use of the word "faggot" was socially acceptable. How did this unassuming woman who had never travelled become so open minded? "I was raised not to judge people," was all she said.

In her 72nd year, Dolores, now confined to a wheelchair, moved with her husband to a senior's retirement community in Burlington. The last few times I saw her, it was there. It was a real home, a spacious one bedroom. She had a living room. She had a bathroom. She had a couch! She spent her last three years there. I thank God that, as her health rapidly declined, she at last had a comfortable place to hang her hat. Dolores spent her last few months in a hospice. When the end came, she was surrounded by her family, and she was at peace with the life she had lived.

For as long as I live, I will cherish the memory of Dolores Goodwin, and the time I spent with her in that little shack in Burlington, Connecticut.

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MIDTOWN BUSINESS ASSOCIATION

April 24th Headhunters Video Lounge & Grille was the place to be at a business mixer hosted by the Sacramento Midtown Business Association and SacMidtown.com. The well attended event featured dignitaries such as McMartin Realty owner Brian McMartin, MGW Publishers Jeffry Davis and Terry Sidie, Midtown Business Association President Shawn Eldridge, Local Diva Gayiel Von, Mercantile Saloon owner Bill Christie, Depot owners TJ and Marjorie Bruce enjoying fabulous California cuisine and networking. The evening was capped with remarks from Steve Cohn. Midtown Business Association is a local organization supporting the needs of Sacramento's growing commercial community.

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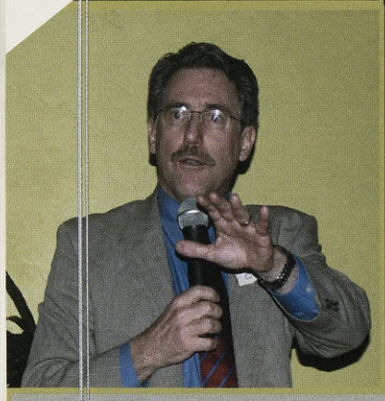

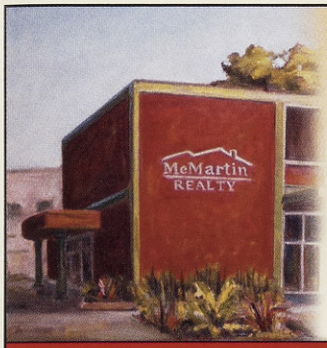

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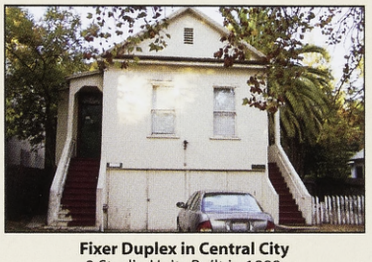

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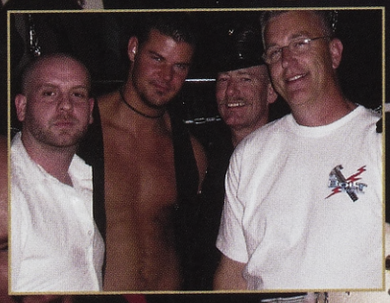

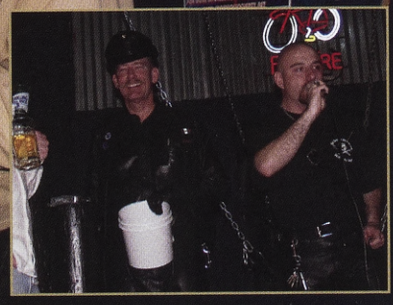

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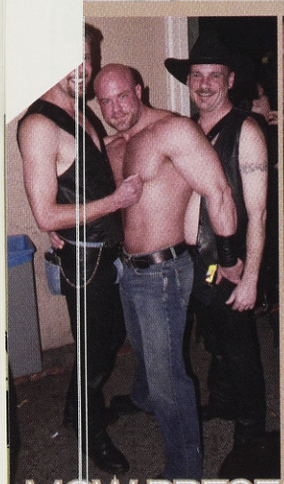

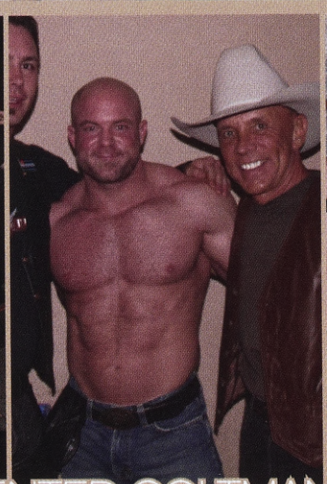

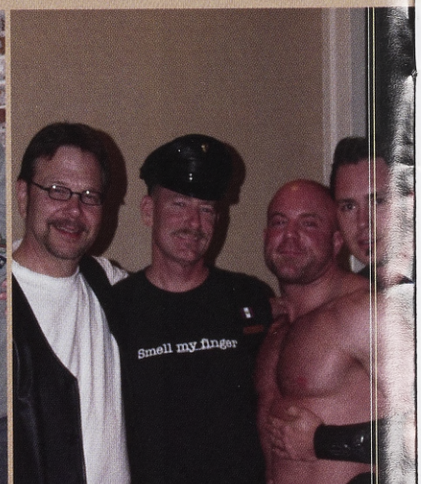

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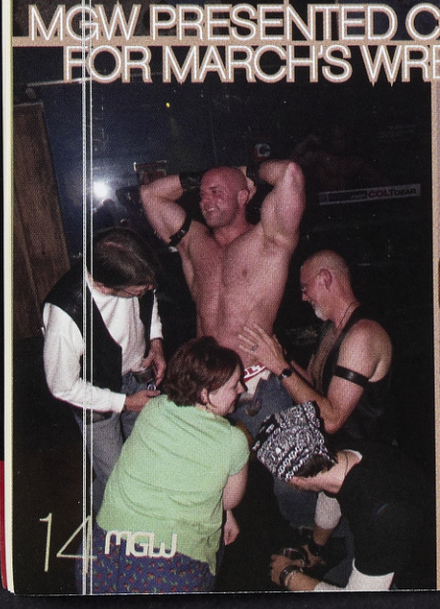

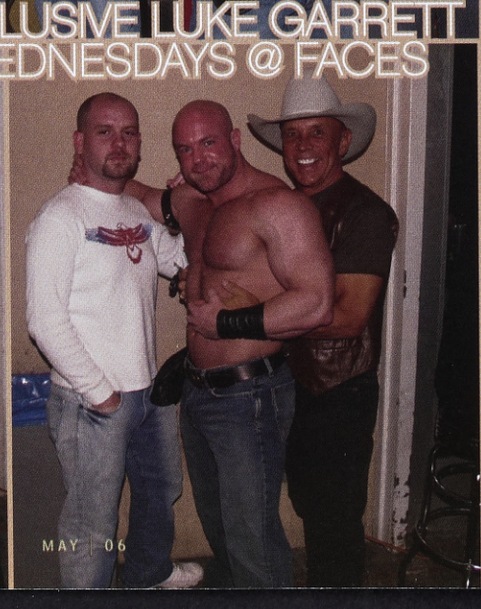

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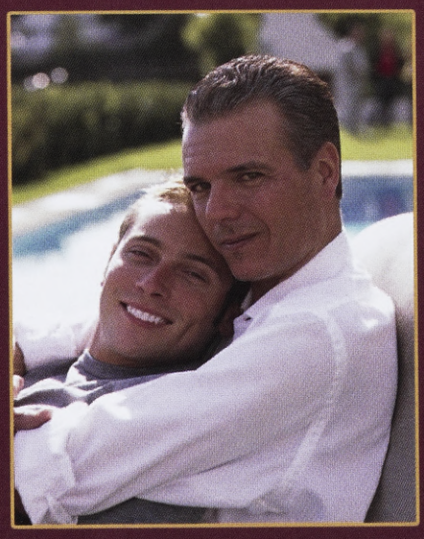

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MISS HATHAWAY AND DINAH SHORE

BY SALLY SHEKLOW

Peanut butter. Rich, fragrant, peanut butter. Think PBJs, Reese's, fresh-baked peanut butter cookies. I'm salivating here at Andie and Stella's kitchen table while the whole room pulsates with warm peanut-buttery aroma. My oral urge is up and I want to lick somebody's fingers, but that's not tonight's agenda.

Besides, I don't know these gals very well yet. I'm here with Wifey as part of our make-new-friends campaign. Our former best buds split up and moved out of our lives. One left the country and the other's with a man now—not that there's anything wrong with that—so we're seeing other people.

Tonight's foray into new friendship includes this after-dinner activity of making pine cone birdfeeders. Wifey and I aren't crafters, but when you're making new friends you try new things. Andie and Stella brought out a stainless mixing bowl and dumped in a jumbo jar of peanut butter, a can of Crisco, and a liberal dousing of bird seed (hence the non-licking agenda).

Our foursome is still a little stiff and formal, not all cuddly and mellow like with our old pals. Even though using peanut butter for non-sensuous purposes is not my general practice, I'm game this time because doing a project together might loosen us up and get us closer to that best-friend kind of comfort I miss so much.

After years of lesbian nesting and a shrinking social circle, finding new buddies is not that easy. Luckily, Andie and Stella are new to town and looking for good friends, too. Since last fall we've been meeting up, taking turns hosting dinner, and letting down our guard little by little.

We've played Password, Hoopla and Lesbian Trivial Pursuit, but tonight is the first time we've delved into peanut butter. Stella and Andie are smart and funny. They have cute dogs and friendly cats and share our disgust for all things Bush. Like us, they don't drink, smoke, or carouse—although, as it turns out, we all have checkered pasts with sordid details surfacing as we get to know each other. Bonding has begun.

Stella's into birding. She got this organic bird feeder craft idea from Bird Watcher's Digest. Birdwatching is a foreign world to me. All I have to go on is the old priggish birdwatcher stereotype. Come to think of it, Stella does resemble that binocular-toting bird-watching Miss Jane Hathaway, in a rounder, softer, but just as dykey sort of way. Despite Nancy Kulp's definite dykeness, her birdwatcher character was a Jethro-chasing weirdo. Not the kind of person I'd normally seek out, but if I want new friends I need to expand my horizons.

The plan is to make bird feeders by stuffing the peanut butter mixture into pine cones. Andie proudly presents four shoe-sized cones, collected she tells us, last summer while playing golf in Sonoma. I shoot Wifey a look—golf?

Golf is SO not our world. My first exposure to anti-Semitism was my discovery that private golf courses could legally exclude Jews—and still do. I associate golf with the unbridled privilege of rich, white, narrow-minded gentiles. No offense, golf fans. I know golf's not a totally bad thing. Sure, we've got the dyke-infested LPGA and the annual Dinah Shore Classic. But let's face it, golfing hasn't exactly been a hotbed of progressive politics. The fairway isn't fair. Suffice it to say, you'll never uncover evidence of an Abramoff-sponsored St. Andrews junket in my FBI file.

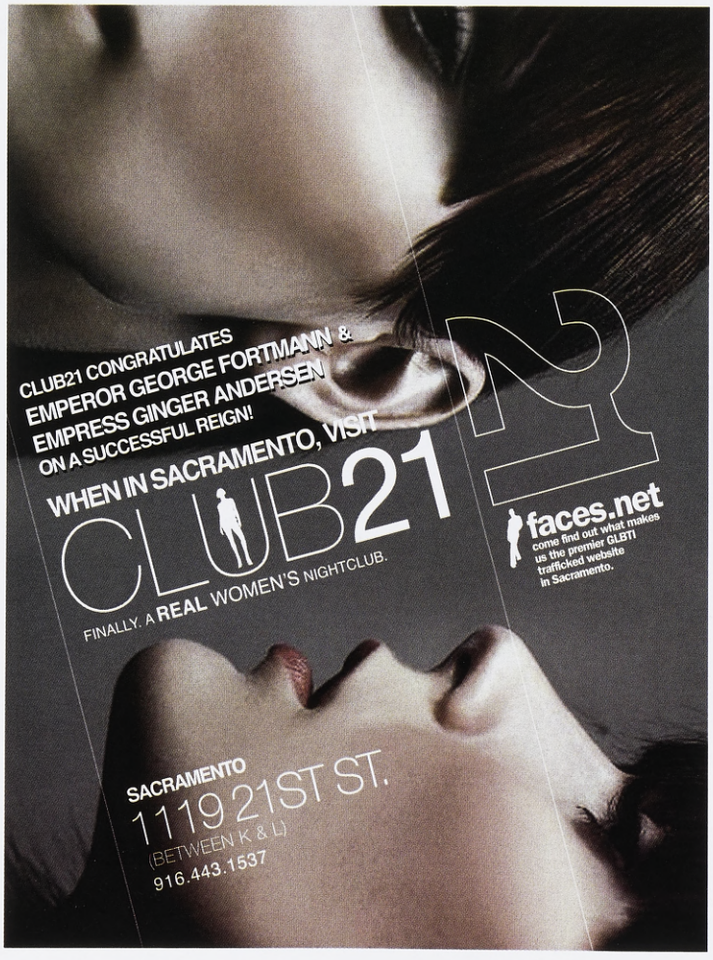
While I'm wondering whether I could possibly be friends with a golfer, Andie's long fingers work the peanut butter mixture into soft, aromatic, goop. The seedy slop squishes and slurps as she kneads it smooth. The sound is unmistakably sexual. Peanut butter oozes up Andie's wrists and glows golden under the bright kitchen light. Stella slides up behind her partner and rolls Andie's sleeves out of the way.

Our friends are probably testing us out, too. Checking if we're the kind of friends who can get loose and goofy and appreciate lovey energy. Lesbian etiquette frowns on acting all mushy and snuggly with your spouse around other people—unless the other people are mushing and snuggling too. With our old friends, mutual mushing was not only acceptable, but we served as each other's mush support group. Since their dramarama break-up we haven't found anyone to share the mush factor.

Wifey puts her arms around me. I lean into her embrace. I'm liking Andie's indulgence in the sensuous experience, and Stella's supportive laughter. Andie makes a show of squeezing big fistfuls of goop. We're all laughing now.

So we're different. You've got to cut people a little slack or you won't make any friends at all. How can we ever expect the mainstream to accept us if we can't even accept each other? Even bird watchers and golfers.

Writer Sally Sheklow putts around with her little chickadee in Eugene, Oregon. Kudos and kvetches welcome at sally@wymprov.com.



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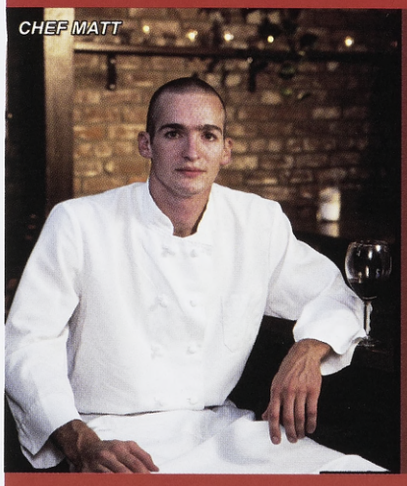

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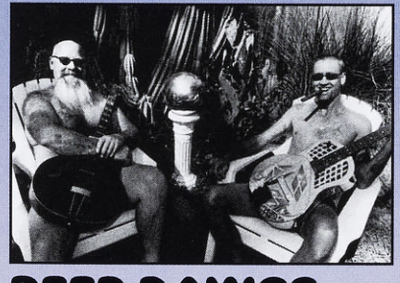

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Sacramento Coronation '06

The stars came out for Sacramento's Coronation 2006: Night of a Thousand Dances – Studio54 on Saturday April 22 at the Towe Auto Museum. Emperor Michael Hlyzoff and Empress Taryn Thru-U brought together local personalities from Sacramento Valley Leathermen, Capital Crossroads Rodeo Association, Lambda Community Center among others. "Mama" Sandy Reinhardt from Mama's Family S.F. made a special guest appearance along with other Monarchs from cities as far away as Vancouver, WA, Seattle, and San Diego. Local court personalities from San Francisco, Reno, Chico, Stockton, Modesto, Fresno, San Jose and Alameda made for a well-attended weekend packed with events such as a riverboat cruise, several hospitality suites, a trip to Thunder Valley Casino and of course the Coronation Ball itself. Emperor 33 David Dilley was crowned in a dignified and poignant ceremony. Former Empress 23 Ashley Harwood was recently named Regent Empress to round out this year's Court Imperial.

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"TAKE A STAND"

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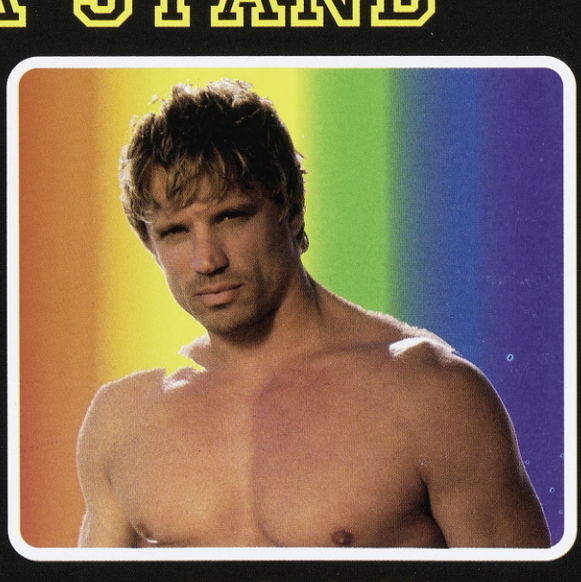
"I'm Not Crazy"



Paul Lekakis
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Stay Tuned...

Alyson

Tiffany

RuPaul

Judy Tenuta

Kim English

Kristine W

CCGRA Rodeo

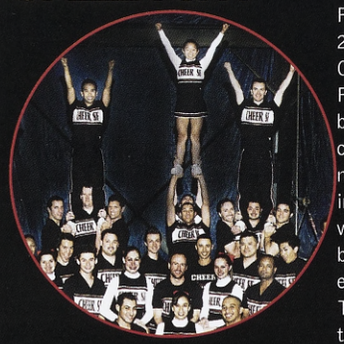
Deborah Gibson

mgwnews.com

ARI GOLD

Born and raised in The Bronx, Ari Gold was discovered while singing at his brother's bar-mitzvah at the tender age of five. Along with brothers Steven and Elon, he was awarded top prize at the First Annual Jewish Children's Song Festival. It was then that Ari landed his earliest job as a professional singer and actor, performing the lead role on the CBS Children's recording Pot Belly Bear: Song and Stories. Auspiciously for Ari, the album went platinum and led to his successful career as a child vocalist. His debut caught the attention of legendary tunesmith Desmond Child (Ricky Martin, Cher, Aerosmith, Kelly Clarkson, Clay Aiken) and their first collaboration "I'm All About You" (Island Universal) debuted on the top 20 UK pop charts, becoming a top 10 dance hit. His appearance in the ground-breaking and highly-rated VH-1 special My Coolest Years: In The Closet solidified Ari's status as an emerging gay icon. AriGold.com

CHEER S. F.



For over 25 years, CHEER San Francisco has been thrilling crowds locally, nationally and internationally with its unique brand of high-energy routines. This all-volunteer group is dedicated not only to providing polished professional entertainment, but also to the philanthropic mission of the squad, serving as true ambassadors of good will to the communities in which they perform. Sharing the spirit of the community, CHEER San Francisco raises money for direct care service organizations serving individuals with HIV/AIDS and other life challenging conditions through performances where they execute extreme stunts and powerful dance routines. cheersf.org

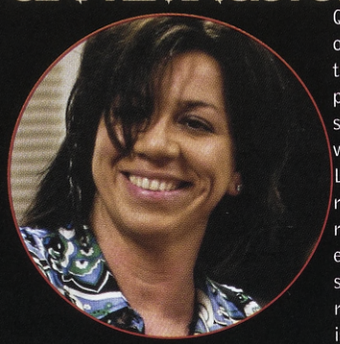
DEBBIE HOLIDAY

SacPride's featured headliner this year, Debbie Holiday experienced every aspect of the music industry early on. Her father, Jimmie Holiday, was a passionate and soulful artist, topping the charts with several of his own singles before going on to co-write hits such as 'Understanding' by Ray Charles and Jackie DeShannon's 'Put A Little Love In Your Heart.' Another standard 'All I Ever Need Is You' turned out to not only be a top 10 single for Sonny and Cher, but also went on to be a huge country hit for Kenny Rogers and Dottie West. Naturally, this eclectic mix of music strongly influenced Debby's own unique and compelling sound. Debby Holiday has worked with a wide range of today's top songwriters including Jeffrey Steele, Al Anderson, Marty Fredrickson, Billy Steinberg, Erik Bazillian and Clif Magness (Avril Lavigne). Debby is now focused on her first foray into dance music with the maxi-single 'Dive' (*Nebula 9), with remixes by Chris Cox, Scotty K. and Solar City. debbyholiday.com

GAYIEL VON

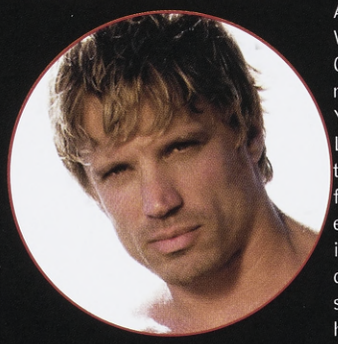
Gayiel Von is an original, first and foremost. For over 25 years she has been a nationally acclaimed entertainer and voice over artist. Forbes magazine acknowledged her accomplishments and pictured her as being one of the leading ladies in the world of Cabaret, further distinguishing her as the leading West Coast Diva.. In November of 2005 Gayiel received the Best of Sacramento award for singer/entertainer of the year from Sacramento Magazine. Gayiel is currently residing in Gualala, CA., writing her memoirs, learning how to chop wood and, of course, continuing to travel to sing for her supper. GayielVon.com

GINA LIVINGSTON



Quoted as one of Sacramento's hottest performers, singer/songwriter Gina Livingston is a rocker on the rise. With an even tempered soulful pop repertory, she is easily one of the most recognizable lesbian rockers this side of the Rockies. Busy performing, and working on the release of a live CD, Livingston plans to record a new studio album due out later this year. "Excellent melodies, great voice, and songwriting ability". KWOD FM-KSEG FM, Sacramento. ginalivingston.com

PAUL LEKAKIS

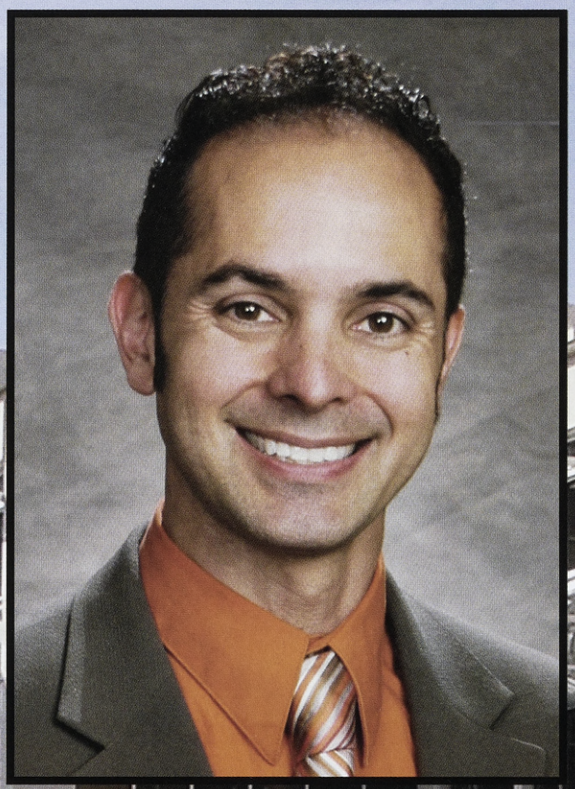


A native of Westchester County, just north of New York City, Paul Lekakis set out to entertain from a very early age, singing in church choirs. While still a teenager, he relocated to New York and utilized his stunning good looks to make a living as a model. Paul's success led him to Italy and his first real break as a performer. Italian record producers asked if he could sing. Working closely with the producers, Paul cut a track called "Boom Boom," . The dance hit reached number one in Australia and Japan and Top Ten on U.S. dance charts. Recorded in New York, Paul's new album Tattoo It boasts a Who's Who of modern production know-how, including Shep Pettibone, Daniel Abraham, Jeff Vincent (with whom Paul co-wrote the album's memorable ballad, "I Will Be There," a song that showcases his gift for song crafting), Tony Moran and The System. The resulting collection of sizzling new music features Paul's hot new single, "Tattoo It," as well as such standout cuts as "My House,". PaulLekakis.com

SACRAMENTO PRIDE 2006

"ethic of public

By



West Sacramento Mayor

On March 29, 2006 after spending the week having every activity documented by Logo Television the Mayor of the City of West Sacramento Christopher Cabaldon gave the State of the City speech that was, well a State of the City speech that is until the business part of the speech was over and then he used this platform to tell his constituents that he is a gay man who has been silent for too long.

Christopher Cabaldon is 40 years old and states he has never had a personal life. He tells his story as if it is not remarkable. That as a young man graduating from the University of California, Berkeley he made the conscious choice to go into public service and put his sexuality on hold. No personal life? "People do it in the clergy, we don't see it as remarkable," states Cabaldon.

Yes, he knew he was homosexual and did not work internally to deny that fact. "At the end of college I realized who I am," stated Cabaldon. But he also deeply believed that to realize his dream of a life in politics he had to deal with he calls the "ethic of public service". For him this meant he had to choose to live life as a gay man or to follow his dream of political success but not both. His clear choice was to follow his dream of political success.

Looking at what might have influenced such a decision is a complicated issue. Cadaldon's mother passed away when he was just twelve years old. His father is a first generation Filipino immigrant. He remembers sitting with the men at Thanksgivings as a child. "We sat around a table and ate cheese dip. I heard them say things like they would rather have a dead son than a gay son. You have to understand that that first generation works so hard at assimilation that anything outside the mainstream is not an option."

So wanting a life in politics and not wanting to be completely alienated from his family Cabaldon delved into public service and made a clear choice about his sexuality to "push it aside for later."

Soon after in 1996 he was elected to the West Sacramento City Council who in turn elected him mayor in 1998 for a two year term. After that term he took two years off and made an unsuccessful bid for the legislator. In 2002 the city council once again elected him mayor for another two year term. In 2004 the political process had changed in West Sacramento and he was then elected by the people to the post of mayor and he plans on running again in November of this year.

During his tenure as mayor he has seen positive changes in lives of those who live in West Sacramento. "It's not all building pyramids and ball parks,' states Cabaldon. "This is a city that was beat up for a long time." He rightly feels that the city is seen as a positive addition to the region rather than the old reputation of it being seen as a cast off place to live. Cabaldon is seen as instrumental in helping to solve the complex problems that plagued the Port of West Sacramento. In short Cabaldon has been an aggressive and successful politician.

Given this success and what seems like a contentment at being available for every pancake breakfast why the coming out? And why in such a big way? Perhaps James Baldwin said it best in 'Giovanni's Room' his classic novel of gay love, "There is something fantastic in the spectacle I now present to myself of having run so far, so hard, across the ocean even, only to find myself brought up short once more before the bulldog in my own backyard – the yard, in the meantime, having grown smaller and the bulldog bigger."

For Cabaldon the growing bulldog and shrinking backyard began three years ago. Up to this point he did not seek out gay bars or other gathering places when out of town. He would not even rent something gay themed at Blockbuster. He simply refused to do anything that might give anyone an opportunity to try and make him a scandal. Though he always believed he was being honest by never bringing an escort to any events. He never covered things up because there was nothing to cover. He maintains he had no personal life.

"I had no external reinforcements," Cabaldon said.

Then he discovered Amazon.com and Netflix as a way to anonymously look into a world he had completely ignored. As he went through what seemed like the entire catalog of gay themed films and books the wall that was so firmly in place began to erode. "I could see possibility and that made it more difficult to keep the wall in place. Once it started it became voracious. I had to deal with internalized homophobia."

In December of 2004 after coming out to a few close friends he took his sister, their father and their father's wife

ublic service"

By David Warpness

yor Christopher Cabaldon

to Europe. After a week of site seeing and trying to find the right moment they sat down to dinner on Christmas Eve and then Cabaldon told his family he is gay. After getting what Cabaldon referred to as "the canned speech of 'You know we don't agree with this but you are our son…' They moved on the subject did not come up again on the entire trip.

In his typical way of mixing humor with strategy Cabaldon states, "When I told them we were in Strasburg and my dad doesn't speak French. I knew he couldn't leave and get very far without knowing the language."

In January of 2005 for his father's birthday Cabaldon sent him a copy of 'Guess Who's Coming Out at Dinner?' by Julian Lake which features a cartoon of a son coming out at Christmas dinner. This broke the ice and opened the conversation for further discussion.

When Cabaldon decided that he might want a personal life he also decided that the constituents who have supported him for a decade deserved respect. He had told close friends and family but now he wanted to be open with the city. "I wanted them to hear me say this in my own voice." Some have criticized him for using the State of the City speech as the time and place for such a personal declaration but where else would one whose whole life was being the mayor go to tell the people who supported him, and that he loves, such an honest statement about himself?

Cabaldon does not acknowledge there was any political strategy to contacting Logo Television. He does not discuss any political aspirations beyond the November mayoral race. In typical politician's speak he does not really not discuss it, he just, well, doesn't discuss it.

Proud that he is doing this on his terms as opposed to being outed he cites recent history. Cabaldon spoke of former New Jersey Governor James McGreevey and former Spokane Washington Mayor Jim West. McGreevey, 49 years old, twice married with children caught having an adulterous affair with a man bringing scandal, shame and destroying lives. West, 55 years old, used the power of his office to entice young men and offer city jobs they were not qualified for completely disregarding the trust and faith of the people who had elected him to run their city.

So far the response of the people has been overwhelming positive. He has received around 2000 emails with only 15 being negative. Negative meaning death threats and emails all in caps stating that he is a pervert who will burn in hell.. He has had about 7 Bibles anonymously left at his house which he does not see as positive or negative. He does not feel unsafe. "I get angry calls from parents who say their child will be killed because I didn't put up a stop sign at a certain location." The negative response to this issue does not seem too different from other issues to him.

Of the positive responses he has received are inquiries from others about coming out. He has been given many hugs of support and several people have tried to set him up on dates.

Within the gay community the most controversial aspect of Cabaldon's coming out now is that five years ago at River City High School a group of students at the high school, hoping to create a safe haven on campus for gay students who were suffering from harassment or were thinking about suicide decided to form a Gay Straight Alliance. Some in the community fought the alliance and it became a large controversy in the city. Cabaldon stood by and did nothing.

In his State of the City speech he defends his inaction by stating "…I stood by and didn't do anything. I stayed quiet during that whole effort as others were engaged in a campaign of intolerance and hate; they were stoking the flames of fear and ignorance and prejudice, and they were putting kids at risk. And I was afraid that being openly gay would mean that I couldn't make a difference anymore; that if I stood up, that that would be the end of my ability to help our town achieve all of its other dreams."

He went on to promise that in the future he would not sit on the sidelines. To a standing ovation he stated that he would not allow others to be victimized anymore. He hopes his coming out publicly allows for gay and lesbian students who are thinking about serving their community to see being out and serving as an option

Cabaldon is not worried that coming out will have a negative effect on November's election. He does not think that by serving as the Grand Marshall in the Pride Parade is too gay for his constituents. Cabaldon states "I recognized to make transformative change in the world you have to be willing to risk political backlash or you are not doing anything, just taking up space"

TRUE COLORS WOMEN'S CHORUS

BY JULIA DAY

This Queer Group is Definitely Recruiting

Director Eileen Boyd told me upfront that this particular group is always trying to recruit new people. To sing in their chorus, that is. Sorry, you won't get a toaster oven for joining this group of passionate women, but members say what you will be rewarded with is a lot of fun, support, and acceptance. Eileen is the director of True Colors Women's Chorus, a primarily-queer-but-open-to-all-women chorus that has been sharing it's song with Sacramento for the last 19 years.

True Colors, formerly Sacramento Women's Chorus, began as a living room song circle with an activist focus, and has grown into an established non-profit and one of the oldest members of the Gay and Lesbian Association of Choruses. Sage, a chorus member of nine years, says that the chorus has always had a political focus, and uses music as a means of "expressing activism". Women seek out this particular chorus because it is reputed for its dedication to "women, the environment, peace, justice, LGBTI rights, tolerance, and the celebration of diversity."

Bringing the gift of song to community events, "sharing the joy and empowerment of music", and "supporting causes important to women" have always been important goals to True Colors. Their very first performance was a benefit for a women's wheelchair basketball team. Other historical performances include the California National Organization for Women's State Conference, Gay and Lesbian Pride festivals, and Women Take Back the Night rallies. Recent highlights include performing the national anthem at a Sacramento Monarchs game and performing at the opening night reception for the Sacramento International Gay and Lesbian Film Festival. In March, True Colors hosted "Sing Out! A Women's Festival of Song", one of two major concerts for the year. A gathering of six choruses from throughout Northern California, "Sing Out!" brought out record audiences for True Colors, as well as a chance to share music with over 100 other women in choruses from around the state.

True Colors lives up to its name with a commitment to diversity that is clearly reflected in its members; this group is made up of lesbian, bisexual, transgender, and straight women. While Director Eileen Boyd jokes about being the "token straight woman", she emphasizes that this chorus is not specifically identified as a "lesbian chorus". As she is elaborating on the focus on diversity and inclusion, Eileen reveals her dedication to developing the chorus and makes a quick side note that they are in need of sopranos. So, for any potential song birds out there, while there is no required sexual orientation, you just might get extra points for being a soprano!

Rest-assured, Eileen says, you do not have to be a solo singer to join. Of course, it doesn't hurt to be able to carry a tune. And for those of us who are unable to lift, let alone carry, even the most basic tune, (Yours Truly unfortunately included) never fear - there is a place for well-meaning but tone-deaf supporters. Counterpoint is a group where "musically-challenged" music lovers can share their non-musical skills by helping to set up shows and supporting the chorus through various other means.

Board Vice President Lauren Nackman says that what makes this chorus truly unique is their sense of community, and marvels at how "safe and loved you are when you walk in the door". She says for many women in the group, being a part of the chorus brings a particular joy to their day-to-day lives. Singing in the chorus "is nothing like anything else you do in the rest of your day. It provides freedom and inspiration".

Check out their webpage to learn more about upcoming shows, auditions, and donations. http://hometown.aol.com/sacwomenschorus/

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NEW YORK CITY BOY
BRIAN KENT

Catch Brian Kent live at Sacramento Pride on June 10

HOW DO YOU DEFINE YOUR MUSIC?

I try not to define things whenever possible... I think each person has their own interpretation of what my music is and I don't like to interfere with that... after all, that is what music is all about... bringing your own meaning, your own personal experience, and therefore your own definition to it. I hope that people find it to be GENUINE no matter what their definition.

ARE YOU LOOKING FORWARD TO SACRAMENTO?

Very excited! That last time I was in Sacramento was in the late 80's when I marched on the Capitol to fight against HIV/AIDS discrimination/legislation in California... I was only about 16, but I remember the experience quite well. Being from Los Angeles originally, I drove down with a large group of friends and the almost 7 hour drive was even more memorable... I'll leave it at that...

WHO ARE YOUR MUSICAL "HEROES"?

Growing up, I used to listen to almost every type of music... from Carol King to the Beatles and Bach to the Scorpions. My friends used to laugh at me because I liked so many different styles and sounds... I think on some level they all have influenced me. George Michael, Boston, Mary J., Nina Hagen, Cocteau Twins, and Robbie Williams to name just a few. My hero, however, is my mentor, Kristine W. Not only has she influenced me, but her passion was contagious. Working with her, it was impossible to not fall in love with the music. Her battle overcoming cancer, raising two beautiful children, and ALWAYS serving it up on stage are just a few of the reasons why she is my hero.

WHY DID YOU CHOOSE TO BE OPENLY GAY WHEN PURSUING A CAREER IN MUSIC?

That's what I am... duh! I could never get in touch and be honest in the music if I was not honest with myself... they go hand in hand. I am not embarrassed or ashamed of who I am and the only way the I intend to live this life and this dream while I have the gift of life is by owning the gift that God gave me of my unique self. Each and every one of us has it, don't change it for someone else! (I just stepped of the pedestal, thank you...)

DO YOU THINK THE MUSIC MARKET IS GETTING EASIER TO BREAK INTO FOR OPENLY GAY ARTISTS?

I think it is definitely getting easier, but that does not mean that it is easy... the music business is tough at times and most of do it because it is our passion... no joke... the more musicians that have come out, the larger support network, the more the acceptance... just like television... just Jack!

YOU COVERED A JOURNEY SONG—WAS THERE A PERSONAL SIGNIFICANCE FOR DOING THAT PARTICULAR SONG?

"Don't Stop Believin" is and always has been a feel good song. It gave hope to millions of lonely people who believed there was someone out there for them and that they should never stop believin' it's true. For me, it was a song that brought back memories of amazing times in my life... yes, I remember the 70's... BARELY! I mean BARELY!

HOW LONG HAVE YOU BEEN SINGING?

My first gig was in my mother's womb... the story goes that I was kicking to the beat of the USC Trojan marching band during a football game against UCLA... I am sure I was singing/saying something, but I think it was more like, "Get me the hell out of here." Needless to say, my other went into labor a few hours later! Seriously, my whole life!

ALANIS MORRISETTE OR PET SHOP BOYS?

I'm A New York City Boy... You Oughta Know!

WHAT'S NEXT FOR YOU?

I am working on my full-length album by the year end and a new dance single release this summer. Of course, touring the latest single, "I'm Not Crazy", and finishing post-production on the music video which I am really looking forward to! Then a vacation somewhere remote...

YOU'RE OFFERED $1 MILLION TO NEVER SING AGAIN. DO YOU TAKE IT?

Unless someone offered to permanently remove George Bush from office (a sacrifice I would make for the world), there is no price I would accept to stop me from dong the very thing I believe I was put here to do!

mgwnews.com

DINING OUT.... WITH RANDY HARTLEY

Once in a great while you find a place to eat that stands out for its great food, atmosphere and service. Such a place and concept makes for a unique dining experience.

Nestled in the mix of the many shops at the 57th Street Antique Row is a new restaurant opened by Award-winning Executive Chef Evan Elsberry. Elsberry has over 20 years of cooking experience including restaurants at Delta King, Limelight Café and Andiamo, as well as Fisherman's Warf in San Francisco. Evan's partner is his mother, Laurette, who by her own rights is a good cook, too.

I've followed Evan's success over the years and give him much credit for bringing a new look to menus and serving excellent food at a good price. Even though we think the cafés cuisine could easily fit into a more formal atmosphere, at Evan's Kitchen the service isn't stuffy, but casual, warm and efficient. The entire staff makes you feel welcome and comfortable. The concept is that "everyone is family".

Children have a play area and a special menu similar to the adult's menu with dishes like macaroni and cheese, applesauce and French Fries. If you want a more adult evening, I suggest that you dine after 7:30pm—by this time the little ones are on their way home to bed.

The breakfast and Sunday Brunch menu includes all your favorite hearty dishes including, three egg omelets, and classic Eggs Benedict with a variety of choices including Canadian bacon, crab cakes, smoked salmon, spinach, avocado and tomato slices or sausage patties. Priced from $5.25 to $11.50.

The luncheon menu includes freshly made soups, a good selection of salads, pasta dishes, burgers, sandwiches and daily specials. Luncheon entrees include grilled salmon, New York steak, hot meatloaf plate, sherry apricot chicken, Louisa's Healthy Heart Chicken, Marinated Tri-Tip, fried chicken strips and charbroiled pork loin. Priced from $8.25 to $11.95.

The dinner menu includes usual and rarely found appetizers, salads, vegetarian dishes, pastas and sophisticated dinner entrees like chicken chasseur or burgundy chicken, blue ribbon rack of lamb, prime ribs of beef, wine merchant steak, a mouthwatering tender New York steak, steak and prawns, filet mignon, apricot-glazed pork loin and Prosciutto-wrapped scallops. Priced from $13.50 to $23.95.

There are wonderful desserts made daily including cheesecakes and a delicious Chocolate Mousse Cake.

The evening we dined Joseph had the New York steak with sautéed mushrooms, garlic mashed potatoes and sautéed vegetables. I ordered the filet mignon wrapped in bacon and served with Béarnaise sauce accompanied with sour cream mashed potatoes and sautéed vegetables. The steaks were cooked to perfection and of high quality.

Both the Minestrone and clam chowder were delicious, fresh, hot and soothing another plus for Evan and Company who has not lost sight of the fact soup is the first thing you taste when you are hungry and it should be professionally home made, not the 'kitchen sink' variety.

Every few months Evan presents a winemakers dinner featuring wines. Winemaker's dinners are a wonderful way to experience an excellent marriage of food and wine. Each course is paired with the appropriate wine to enhance the flavors of the overall dining experience. In addition, you learn about the recipes and the history of the winery and wines being served with each course.

Evan and his professional staff can cater your small to large functions with the same great foods.

EVAN'S KITCHEN • 855 57TH ST. (H ST.) STE. C, SAC., 916-452-3896

1 ON 1: CHEF DAVID LAWRENCE

Your book is awesome. What inspired you to put it together?
Thank you. I'm really proud of it. I wanted to write a book that was entertaining as well as informative. I wanted to write the kind of cookbook that I like to read. I mean, lets face it, cookbooks can be about as exciting as a root canal if you're not truly interested in cooking. I also thought it was important to write something that my generation could relate to. We live in a microwave society and think dinner comes in a take out box. I want to show people that cooking is fun and sexy and it's a great way to impress a date. I've gotten a lot of mileage out it, that's for sure.

Did you create most of your recipes or are they special ones handed down or collected?
Boy Eats World! began its life as collection of family recipes and childhood favorites passed down from my Mom, my Grandma and my Aunts, who were all great cooks in their own right. The rest are inspired by my ever-evolving food tastes. I love to try something in a restaurant and then come home and try to simplify if for the home cook.

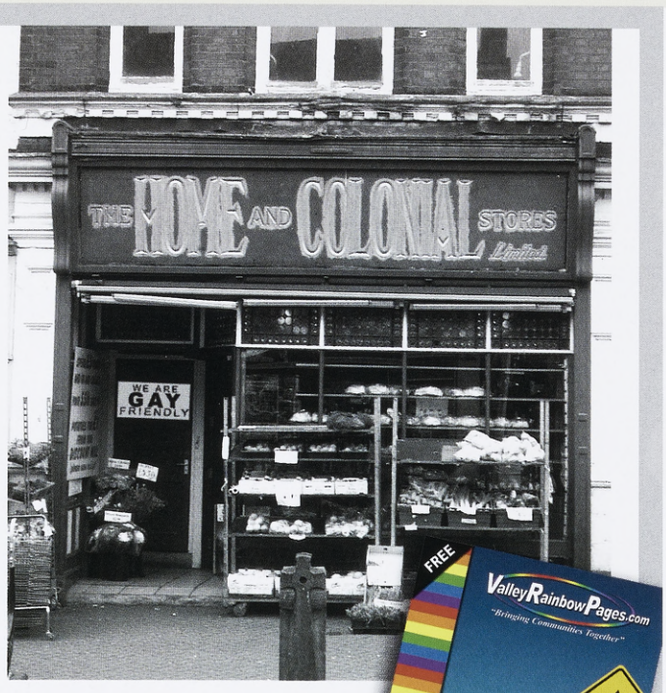
So you're originally from Sacramento? What was your favorite thing about Sacramento?
I love Danielle's Creperie! I go every time I'm home. Their Coq A Vin crepe actually inspired the chicken crepe recipe in my book. Of course nothing can compete with theirs, but it's my humble attempt, I love downtown (Sacramento)! And it just keeps getting better and better. I love the shopping, the restaurants, the cool architecture, the trees. I never ever get tired of going to old town. I used to cut school and walk around K Street Mall. My favorite Carl's Jr. is still there. But more than all that, the people here are great.

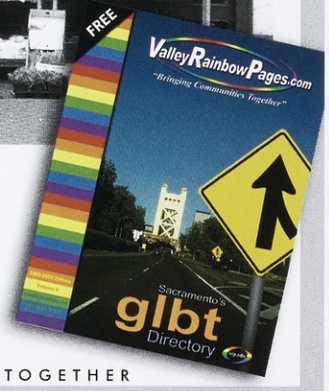
What made you decide to be an-out of-the-closet chef?
(Laughs) Mostly because it takes too much energy to not just be who you are. Rupert Everett once said that he was out "because he couldn't be bothered not to be." I think that's brilliant. Not to mention I think that most people just "get it." I assume people assume I'm gay and act accordingly. Fortunately I'm in a profession where it's accepted and it's never been an issue.

What's been your partner's reaction to everything?
Allen is amazing! He's been so supportive and selfless. It would be hard to do it all without him. He's the perfect balance to my frenzied, type A personality. We talk a lot about my career and the fact that I'm involved in a very selfish pursuit called show business, but he knew what he was signing up for the moment he rang my doorbell. The way we deal with it is to check in with each other and be present. He's the only person in the world that would put up with me and my crazy life. Fortunately his life and career are on stable ground. I'm blessed to have found him. Oh, and he's my fearless taste-tester for just about every recipe I write!

You're doing several Book-Signings while you're here, are you excited?
I'm really excited! The best part is getting to come back to my hometown and launch the book where it all began. My whole family is still here so I have a great fondness for this place. I'll be signing at Barnes & Noble in Citrus Heights on Thursday, May 25 from 6-8pm. It's been a while since I've been home. Where are the fun places to go out on Thursday nights?

David Lawrence is the author of the hip new cookbook, Boy Eats World! A Private Chef Cooks Simple Gourmet (Lake Isle Press). For more information visit www.chefdavidlawrence.com





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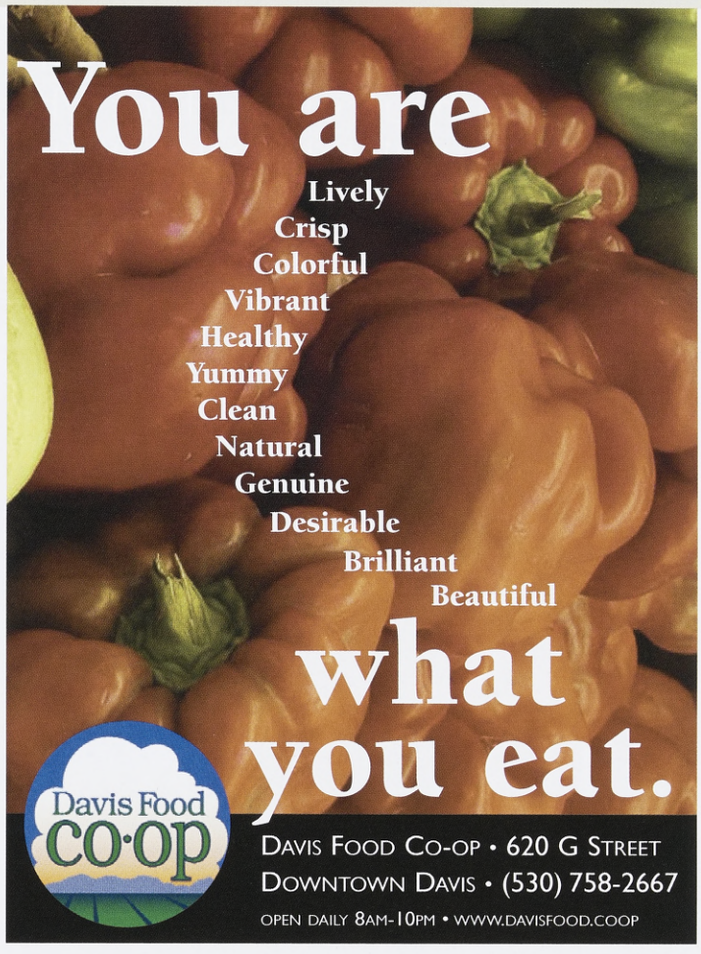

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The gay community is a bone fide culture. Within that culture are many subcultures, all of which have their own reason for being and unique history. Absorbing that history usually happens over time, but some writers and filmmakers have made the learning process easy.

Gay Sex In The 70s

BY STEFAN GRUENWEDEL

Consider the educational and entertainment value of such films as Before Stonewall (John Scagliotti and Greta Schiller, 1984), Sex Is... (Marc Huestis, 1993), The Hidden Cities of San Francisco: The Castro (Peter L. Stein, 1997), and The Cockettes (Bill Weber and David Weissman, 2002). They should be compulsory viewing before entering any respectable gay bar—especially during pride month.

Joseph Lovett's Gay Sex in the 70s spans the dozen years between Stonewall (1969) and AIDS (1981) that (redefined many aspects of this country. It was a time of activism and self-expression—not always well formed, perhaps, but expression nonetheless.

Gone was the suppression enforced by a moral authority. Unknown were the years to come of decimation by disease. There was only jubilation. For many men, life was better than a smut flick.

Gay Sex in the 70s is just about as unabashed as its title. Comprising several firsthand accounts of New York's seamy, sexually uninhibited "scene," this documentary is perhaps the most honest approach to a subject that titillates as much as it embarrasses.

Yes, gay sex was rampant wherever gays congregated. Any questions?

Lovett found a dozen people to talk openly and uncritically about sex. Unless someone else can find a dozen more, this will remain a definitive recollection concerning public (and semi-public) sex in bars, bathhouses, parks, docks, and loading zones stocking wholesale comestibles.

Those featured include writers (Laurence Mass), artists (Barton Benes), photographers (Tom Bianchi, Scott Bromley), activists (Larry Kramer, Rodger McFarlane), sex club owners (Mel Cherin), and porn filmmakers (Bob Alvarez). With one exception (late photographer Alvin Baltrop), they are all white, even though the gay sexual revolution was closely tied to the civil rights movement. Only two women share their thoughts.

Through explicit photographs and grainy clips from home/porn movies, we visit the dilapidated piers on the Hudson River, the Chelsea meat market, the Ramble in Central Park, the Paradise Garage sex club, and The Saint nightclub. (Christopher Street exists only as a famous street sign.)

After a while the stories become repetitive. The final segment on Fire Island only furthers the impression that these interviewees largely come from the same small, self-selected circle of friends.

The free and easy access to gay sex was supposedly a great equalizer because Wall Street brokers, Madison Avenue executives, and NYU professors frequented these dens of iniquity just as often as Little Italy busboys and Bronx mechanics. Unfortunately, the film does not echo this apparent socioeconomic diversity. Nor does it examine the effect that such brazen sexuality and rampant drug use had on gay couples seeking stable relationships.

Nor does it attempt to investigate what gays did for sex in other metropolitan areas, not to mention suburbia or rural America. This film should really be called Gay Sex in New York City in the 70s.

More research into finding truly diverse voices would go far towards shattering stereotypes about depraved, rich (or well connected) boys swimming in privilege and exclusivity—even if many of them were just that.

Such criticism aside, Lovett's film leaves quite an impression about a level of sexual camaraderie in the Big Apple that probably will not exist for quite some time. Baltrop likens it to warding off intense fears of loneliness. Before cell phones, Gay.com, and MySpace, people actually had to venture outside to meet others. The inherent dangers—from disease or violence—probably only enhanced the excitement.

One of the most sobering scenes occurs at the end when one man describes a party that his partner wanted to leave just as things were getting "interesting." A few years later, everybody but he and his partner were dead from AIDS.

Gay Sex in the 70s plays in various theaters and festivals around the country. It is currently available on DVD from Wolfe Video.

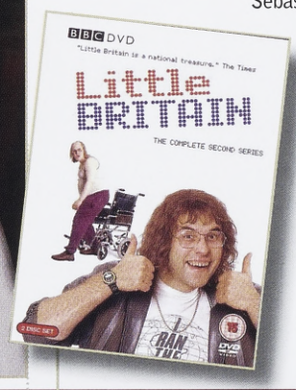
gaysexinthe70s.com

mgwnews.com momGuesswhat

LITTLE BRITAIN: SEASON II

Lose your good behavior and refined etiquette in the mighty tide of the Atlantic Ocean and welcome back the colorful cast of outrageous characters from the land of Little Britain, as BBC Video releases onto DVD Little Britain: The Complete Second Series. Following the broadcast of the third series on BBC America, Little Britain: The Complete Second Series will be available as a 2-disc DVD set on May 23, 2006 for the suggested retail price of $29.98.

Created by Matt Lucas and David Walliams, Little Britain has evolved from being a cult favorite to a mainstream smash hit. To date, Little Britain series one and two combined have sold more than 2.5 million units on DVD in the U.K. Lucas and Walliams are currently taking the U.K. by storm with their sold out live stage tour and were recently elevated to the world stage last July at Live 8 when they introduced Elton John in costume as two of their most popular characters, Lou and Andy. The second season sees the return of many beloved and unforgettable characters from season 1, including Vicky Pollard, Emily Howard, Dafydd Thomas, Sebastian Love, Marjorie Dawes and Lou and Andy.



However, this season they are joined by a host of new characters every bit as hilarious including "Bubbles" De Vere, Carol "Computer Says No" Beer, Judy, Maggie and Harvey "Bitty" Pincher, who has an unusually strong attachment to his mother. Little Britain features a well-rounded roster of high-profile British guest stars including Anthony Stewart Head ("Buffy the Vampire Slayer"), Geraldine James, Ruth Madoc, the voice of Tom Baker ("Doctor Who"), and original music by David Arnold.

LB:II
FULL SERIES
$29.98
BBC VIDEO &
WARNER HOME VIDEO

THE DVD shelf

KISS KISS BANG BANG

The adrenaline-packed private eye comedy, Kiss Kiss Bang Bang arrives on DVD from Warner Home Video. From Shane Black, the creator of Lethal Weapon, The Long Kiss Goodnight and The Last Action Hero, Kiss Kiss Bang Bang tells the story of a petty thief brought to Hollywood for an unlikely audition when he finds himself in the middle of a murder investigation with his high school crush. Black's directorial debut, Kiss Kiss Bang Bang is slick, stylish and pure wise-cracking fun from beginning to end.

Starring Robert Downey, Jr. (Good Night, and Good Luck, TV's Ally McBeal), Val Kilmer (Alexander, Wonderland) and knockout Michelle Monaghan (upcoming Mission: Impossible 3, North Country),

Harry Lockhart (ROBERT DOWNEY JR.) is basically a decent guy. Sure, he's a petty thief who skates through life on a shaky cocktail of dog-eared charm and cockeyed optimism, but he wants to do the right thing.

He just doesn't know how, exactly. Harry's perpetual bad luck takes a turn for the better when he and his partner are doing some after-hours Christmas "shopping" at a New York City toy store and the security alarm breaks up the party. (Yeah, it sounds like trouble, but keep reading.) In making his frantic getaway from the cops, Harry inadvertently stumbles into an audition for a Hollywood detective movie, and faster than you can say Jack Robinson, the producer flies him to Los Angeles for a screen test.

SWANNER AND JUDD

AKEELAH & THE BEE

JUDD: Well, Dear Readers, I am back in the swing of things when it comes to seeing movies. But for this month, Tom decided that he's going to slack off on the movies he's seen. Fortunately for you that means you'll be able to get an honest opinion instead of a thumbs-up to any piece of crap that features a musical number or a sweet kiss—speaking of crap, let's start with American Dreamz, a political comedy that was neither all that political or funny. The plot is about a bumbling president looking to get reconnected to his country and boost his poll ratings. He starts by reading the newspaper and guest judging on an American Idol style show American Dreamz. One of the contestants is big ball of ambition from rural America and she has a wounded veteran boyfriend. The other contestant we're supposed to care about is a Muslim sent over from Iraq to blow up the show. Hilarity (supposedly) ensues. The movie was so flimsy, I honestly can't say I remember that much about it, other than an always-wonderful Jennifer Coolidge. Save your money and if you must—rent it.

SWANNER: I hate you. We both saw Akeelah and The Bee. A sweet story of a young girl from South Central L.A. who makes her way to the National Spelling Bee with help of her friends and community. It sounds schmaltzy, but it was really a wonderful movie with good performances and a crowd pleasing ending... I cried.

JUDD: I'm not going to argue. It was a good movie. I, cried too—but only because the toddler behind us kept kicking me.

SWANNER: Not to mention when it crapped it pants. "Hey look, a special showing of a movie about an 11-year-old girl. Let's take our toddler to the movie so the fat reviewer can hear it fill its diaper!" I hate babies.

JUDD: ...ew! I also saw The Sentinel with Michael Douglas, Keifer Sutherland and Kim Basinger. An expert Secret Service agent (Douglas) is being framed in an assassination attempt. It was a "popcorn movie"—total fluff but entertaining. And let me tell you, gurrrrl, Kim Basinger looks GOOD! If she's had any work done, it's been subtle. She's looks naturally beautiful for a 52 year old! Gorgeous, even!

SWANNER: She's Gorgeous?! You are so queer! And speaking of... we both saw Kinky Boots, a film about a failing shoe company that starts to make shoes for drag queens as a way of saving the business. This was one of those quirky comedies much like the Full Monty or Priscilla. I liked the happy ending and a gay storyline is always nice to see.

JUDD: It was OK, but ultimately forgettable. What I did like was that the drag queen in the movie did her own singing. It makes me wonder if poorly lip-syncing drag queens are an American thing?

SWANNER: This country hasn't embraced the joy of drag the way the Canadian, Aussies and Brits have. The last movie I saw was The Promise. A Japanese film about a young girl who trades knowing love for being beautiful and desired. There is a second storyline about a slave who can run really fast. This is one of those films that is so beautiful that you find it hard to critique it but I'll find a way because the movie was a snorefest. I hated the characters and the story is ridiculous. Great sets, costumes, filming, editing and music but the acting is marginal, direction is confusing and the script is stupid.

JUDD: I also saw The Promise. I thought it was horrible and I was under the influence! Nothing is supposed to be horrible when you're under the influence! I loved headdresses that would make a Vegas showgirl jealous! But the special effects weren't even that great—you could see the silhouette of the blue screen! The final film that I saw was The Notorious Bettie Page, a shallow look at the life and times of one of the first pin-up girls of kink. I thought the movie was OK as a retrospective from a pornography standpoint. Anyone who is into the history of porn is going to enjoy this film, but anyone who is looking to get a real glimpse into the life of Bettie Page is going to be disappointed.

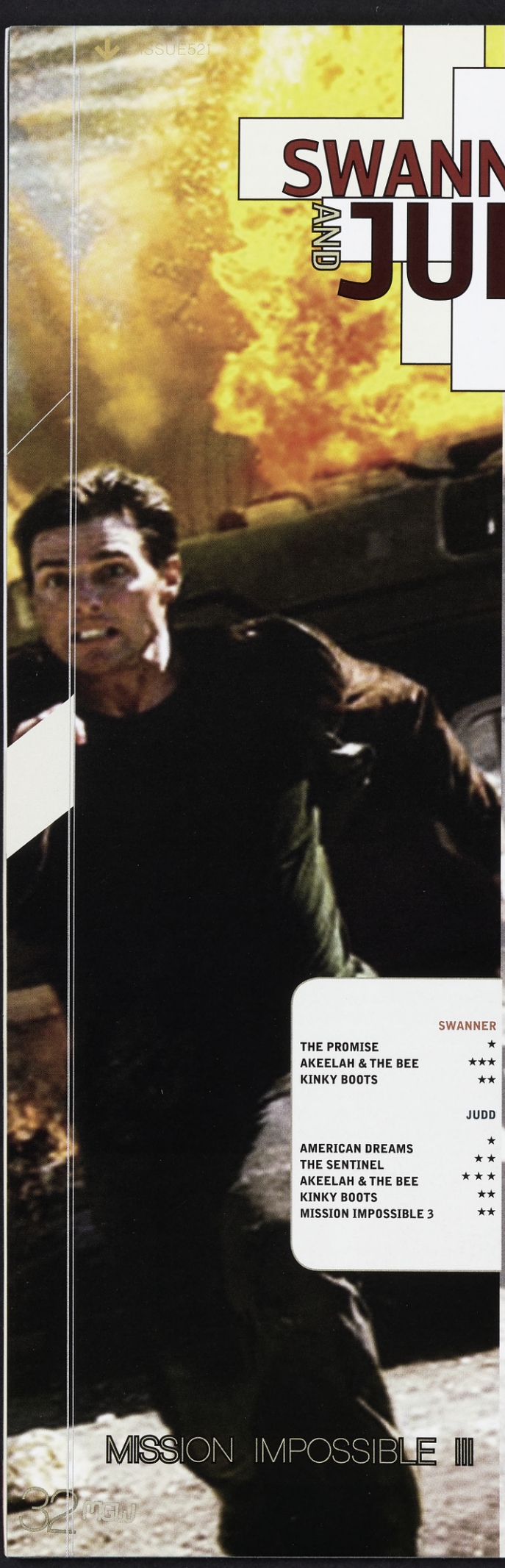
SWANNER: Don't forget to tell them what you thought about Mission Impossible 3. I have to wait so I can go with the boyfriend but since you're all alone...you've already seen it.

JUDD: Oh, that's right—your boyfriend needs an adult to get into the movie doesn't he?

SWANNER: Hateful!

JUDD: Mission Impossible 3 was your typical summer action affair. A thin plot fortified with explosions. The cast was formidable, though, Tom Cruise, Ving Rhames, Keri Russell, Laurence Fishburne, the ADORABLE Jonathan Rhys Meyers, the used-to-be-adorable Billy Crudup (he's looking a bit haggard), and Philip Seymour Hoffman—who was brilliant. When isn't he? Anyway, fans of things that blow up and unrealistic stunt work will love this film. I was bored.

	SWANNER
THE PROMISE	★
AKEELAH & THE BEE	★★★
KINKY BOOTS	★★
	JUDD
AMERICAN DREAMS	★
THE SENTINEL	★★
AKEELAH & THE BEE	★★★
KINKY BOOTS	★★
MISSION IMPOSSIBLE 3	★★



MISSION IMPOSSIBLE III

new music from the #1 gay record label

The Official CDs of
GayDays 2006 and
One Mighty Weekend
Coming Soon!

DJ Joe Bermundez
Deborah Cox *House Is Not A Home*
Janice Robinson *Dreamer*
Deep Dish *Say Hello*
Todd Terry *Can You Feel It*
Mink *Glory Of Life*

DJ David Knapp
Goldfrapp *Number 1*
Kim English *It Makes A Difference*
Kings Of Tomorrow *6pm*
Offer Nissim feat. Maya *On My Own*
Dolce *I Will*

Wedrock
Recorded live in New York City
featuring **Margaret Cho, Lou Reed, Sandra Bernhard, Alan Cumming, Moby, Bob Mould, Sleater-Kinney, le Tigre, John Cameron Mitchell**

DJ Junior Vasquez
Destiny's Child *Stand Up For Love*
Fanatic feat. Deborah Cox *Stupid Like U*
Superchumbo *U Know I Love It*
Vernessa Mitchell *Love Will Find A Way*
Veronica *Relentless (Just A Game)*

DJ Roland Belmares
Taxi Doll *Waiting*
Taborah *All I Gave To You '06*
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Jesse Garcia *Let's Get Happy*

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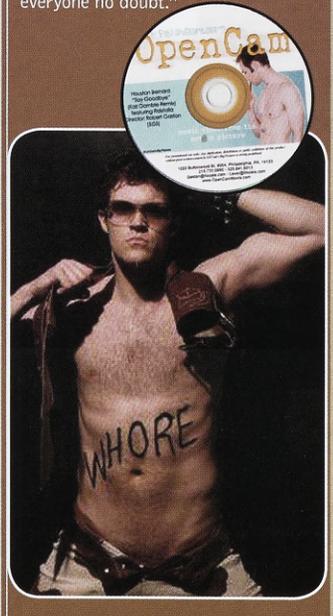
2. *Amuka*
   I Want More (Cling On To Me)
3. *Gustavo Santaolalla*
   The Wings (Theme From Brokeback Mountain)
4. *iio*
   Kiss You
5. *Mariah Carey Featuring Snoop Dogg*
   Say Somethin' (D. Morales Mixes)
6. *Kim English*
   It Makes A Difference
7. *Kelly Clarkson*
   Walk Away (R. Rosario/ Chris Cox/Craig J Mixes)
8. *Judge Jules*
   So Special (Strobe/Euphoria/MW Project Mixes)
9. *Goldfrapp*
   Ooh La La
10. *Blondie Vs. The Doors*
    Rapture Riders

HOT VIDEO!

Houston Bernard is a self proclaimed Bi Porno ElectroRock Rap Performance Artist from Brooklyn. At the moment, Bernard is on a self-booked world tour to promote Human (Gay rights) and Free speech.

"Everyone to me is sexy, there is something that is beautiful about everyone no doubt."



"I'M NOT STRAIGHT OR GAY. I'M FREE. I DONT HAVE TO CHOOSE AND NEITHER DO YOU."
HOUSTON BERNARD

WWW.OPENCAMMOVIE.COM

K.D. LANG'S REINTARNATION RHINO RECORDS

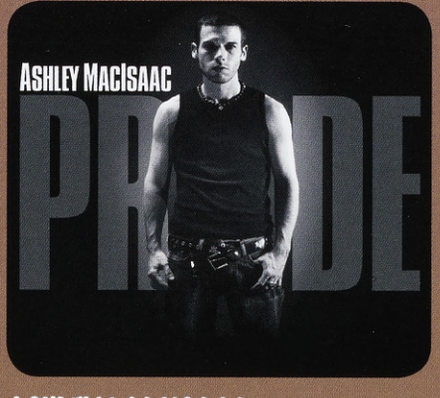
In 23 years as a celebrated singer and songwriter, k.d. lang has navigated a diversity of material to consistent acclaim. Audiences, critics and the Recording Academy have warmly embraced her through collaborations with Tony Bennett, self-penned albums such as Ingenue and All You Can Eat, and, most recently, her creation of a Canadian songbook with the critically lauded Hymns of the 49th Parallel. The early lang catalogue was dubbed "cowpunk" and arguably paved the way for artists who in more recent years have appropriated country music, garnering a mix of support and the suspicion of Nashville's Music Row.

GLOVEBOX ELECTROPOP MASTERS BARIA RECORDS

Electropop sensation GloveboX is well known in their native Australia and with the release of their self-titled debut in America, they are giving US audiences an education in a new kind of pop music. GloveboX's sound is not quite electronic and not quite pop, producer and arranger Grainger K. Lock has dubbed their unique sound: "electrorganic." GloveboX is available in stores on Baria Records now.

KEVIN CAHOON DOLL ANCHOR C RECORDS

Kevin Cahoon And Ghetto Cowboy deliver explosive rock infused with glitter on DOLL. Performed with the glam theatricality that audiences have come to expect from the group's live shows, the new CD DOLL features 8 original songs written and performed by Cahoon backed by guitar, drums, bass and keys, along with an inventive rendition of the classic "Could I Have This Dance" first made famous by Anne Murray. The band is one of the most buzzed about new arrivals on New York's downtown music scene; the pop and power of their live events are captured for the first time on CD with this new studio recording.



ASHLEY MACISAAC PRIDE LINUS ENTERTAINMENT

Ashley MacIsaac is a traditionalist with a penchant for experimentation. This 29-year-old Nova Scotian native has been taught to play the fiddle the working-class, pub-stomp Cape Breton way: fast, furious and with phenomenal precision. He is one of the top selling Canadian Roots & Traditional artists in Canada of all time – right up there with Loreena McKennitt and The Rankin Family, having sold in excess of 500,000 albums in North America of his catalogue. Pride signifies a bold step in a new direction for Ashley MacIsaac. The new disc offers us the first real glimpse inside the mind of Ashley MacIsaac. For the first time Ashley has abandoned his fiddle.

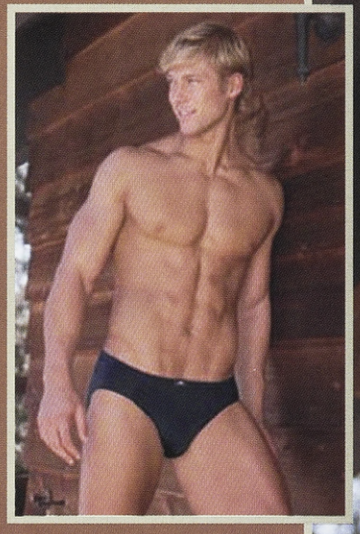
THE FACTS

OVERVIEW—Undergear is a division of International Male and a business unit of Hanover Direct, Inc. [AMEX: HNV], a leading direct marketing group with a focus on catalog and Internet retailing.

Undergear is the one of the nation's leading providers of fashion underwear, active wear and casual wear for style and fitness conscious men.

MISSION STATEMENT—Undergear provides an extensive selection of today's hottest brands of men's underwear, making men's body basics fun and fashionable.

UNDERGEAR.COM



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JM™ Microfiber Boxer Brief Microfiber underwear offers a silky second skin feel. Light and cool poly/Lycra® fabric. Extended back. Machine wash. Import. $23 Black, White

HIV NEWSWIRE

by Sonya Cox

DINNER WITH THE DIETITIAN

CARES clinic's nutrition specialist, Margie Erwin, continues her popular dinner meetings (with free dinner!) in the clinic's first floor boardroom, 6:00-7:30, first Monday of the month. For the rest of the year, there will be four more events (no dinners in July, Sept, and Oct—July and Sept are holidays, and in Oct Margie will be in Kenya performing AIDS relief work). Call 914-6285 to RSVP and make sure event is still on, and come enjoy the evening's topic. RSVP's are always appreciated, but if you forget, come anyway, says Margie. Upcoming topics include:

**June 5 (Dinner at McKinley Park), Healthy grilling techniques and recipes; **Aug 7, Grocery shopping – nutrition & cost savings; **Nov 6 (topic not yet chosen); **Dec 4, Holiday event.

STEM CELLS AND GENE THERAPY

A group of 73 men and women have been participating in a gene-therapy experiment to see if they can stop their AIDS meds and still keep their virus levels in check for a year or more. In the test, half of them have had their blood cells modified with a gene that blocks the virus, while the rest have received unaltered stem cells as a placebo. Thus far, one person has successfully kept virus levels in check for a year without meds. It's not known yet whether this person was among the half of the volunteers who received the modified gene or was given a placebo, as preliminary results of the test will be released until next Feb.

The goal of this UC-San Francisco experiment—which combines elements of genetic engineering, gene therapy, and stem cell science—is to create a kind of parallel immune system that is fortified against the AIDS virus.

The process consists of volunteers spending two 8-hour shifts on a machine that filters out stem cells and returns the blood to their arm. The stem cells are then infected in the laboratory with a harmless mouse virus designed to carry an enzyme called a ribozyme, a chemical "scissors" custom-built by Australian researchers. The ribozyme cuts one of HIV's genes just at the point where the virus tries to replicate itself.

Three days after the enzyme is transferred to the stem cells, they are returned to the volunteer's bloodstream. Over the next several weeks, these stem cells produce infection-fighting white blood cells, each containing the ribozyme that can interfere with replication of the HIV genes.

The hope is that the fortified blood cells would eventually outlive the natural blood cells, and the person would be left with a rebuilt immune system that's resistant to HIV, or at least allows them to cut back on their medications regimen. Similar experiments are being carried out at UCLA and in Sydney, where the technique was developed by a research company owned by Johnson & Johnson.

HIGH-TECH GUIDANCE

San Francisco recently became the first US city to provide safer-sex advice geared toward young people through text messages on their cell phones. Users send the message "sexinfo" to one of two specific phone numbers set up by the Dept of Public Health, and get a reply to their questions (such as what to do if a condom breaks). The one- or two-minute exchange usually ends with a phone number to call for additional help or info.

We wanted to design a program, said the DPH services manager, that would reach young people with the text language and technology they use most often. This is a good way to get them information that's reliable, quick, non-judgmental, and private. A peer educator added that a lot of teenagers are afraid to ask questions, but with text messaging, it's no one's business but yours. The program is one way San Francisco health experts are trying to address climbing STD rates among young people in the city, especially last year's 100 percent increase in gonorrhea cases among black teenagers.

SACRAMENTO DISPENSARY RAIDED BY FEDS

The Drug Enforcement Agency closed down a mid-town medical marijuana dispensary last month, impacting local residents with AIDS and cancer who use pot to ease nausea, control pain, and increase dwindling appetites. This will continue to be a sad and continuing problem as long as the federal government insists on classifying cannabis as a Schedule-1 drug (in the same category with heroin and LSD) that has "no acceptable medical value" despite scientific evidence to the contrary, and overriding the wishes of citizens of more than 35 states who have voted to legalize the distribution of marijuana for compassionate use medical purposes.

After raiding Capitol Alternatives on U Street, the agents seized a computer with patient records, nearly $49,000 in cash, and 22 pounds of processed marijuana. While protesters outside the store chanted "DEA, go away," a DEA official proclaimed, "The investigation has revealed so far that they were certainly selling marijuana out of that back room of the store, and they've been doing that for many months."

VOLUNTEERS TO TEST PREVENTATIVE VACCINE

Four research centers nationwide are seeking four HIV-negative volunteers to test an experimental HIV vaccine designed to target sexually active adults 18 to 45 years old. It was developed at Emory University's Primate Research Center, where work began on it in 1997. In tests on monkeys, it protected 22 of 23 rhesus macaques for more than three years, said an Emory spokeswoman.

The volunteers will receive a series of four doses over two months. The first two doses contain fragments of DNA from the virus, which will trigger the immune system. The second two doses contain an altered pox virus designed to boost the immune system.

Clinical trials will be conducted by Maryland University, St. Louis University, Vanderbilt University, and the University of Alabama. If initial tests show the vaccine is safe, additional tests involving more volunteers would be conducted The experimental vaccine is one of more than 30 preventive AIDS vaccines in the early stages of human clinical trials in two dozen countries, according to the International AIDS Vaccine Initiative.

NEW DRUGS REDUCING COGNITIVE IMPAIRMENT

"The advent of combination antiretroviral therapies to treat AIDS has significantly changed the course of the disease," says a professor of psychiatry and neurology at the University of Pittsburgh. "Not only are people living longer with AIDS, but we are finding that a number of the other coexisting conditions that people with AIDS often experience are becoming less severe." Such is the case with cognitive impairment, he says– physicians are finding that fewer people have severe cases, while more people have a milder form of impairment.

Dementia and other impairment is caused when HIV attacks the brain. It can result in changes in mood, behavior, motor coordination, and thought processes. The Pittsburgh researchers say dementia exists in two forms, mild and severe, with each affecting different areas of the brain.

They recently evaluated 54 volunteers with AIDS and 23 HIV-negative control subjects. Participants completed testing and underwent an MRI scan. Of the 54 with AIDS, 17 demonstrated some level of mental impairment. The "mild impairment" group showed problems only in psycho-motor speed, the measure of the time it takes a person to receive a signal, process it, and respond. Based on the MRI scans, this group demonstrated atrophy in the frontal and anterior areas of the brain that control many vital functions, including memory, emotion and stimulus response.

Those in the "severe impairment" group showed impairments in psychomotor speed as well as in memory and visual-spatial processing. But the more-significant atrophy experienced by this group was located in different areas of the brain than that of the mild group.

+ IN LOVING MEMORY

May 1983:
Don Christopher
Ed Flores
Dennis Cusack

May 1985:
Jack Simmons

May 1986:
Art Funamura
Denna Dom

May 1987:
Amador Gonzalez

May 1988:
David Rivera
David Sheppard
Baby Donald Benham

May 1989:
Darrell Fontes
John Pope
Joey Heckman

May 1990:
Steven James Cearley
Michael Bringman

May 1991:
Mary Sosa
Dale Daniels
John L. Bomar
Ronald James Borzello

May 1992:
Roger Rees
Bill Fellos
Jimmy R. Cox III

May 1993:
Everett Denman
Phillip Quattrociocchi
David Hunt
Kenny Brooks
Larry Hewitt
Michael P. Mallory

May 1994:
Tracy McBroom
Ron Dorman
Steve Mabs
Chuck Vickers
Jason Woerner
Theodore H. Rhody, Jr.
Tom "Alaric" Morgan
Jerry Bohlander
Dan Dalton

May 1995:
Mel Stewart
Gil De Lina
Karl Kessler
Jerry Mansker
Kevin S. Gerald M.
June Black
Robert Dan Pack

May 1996:
Kerry Swett
Miles Kerley
Dewayne Giles
Ron Ritzmann
William B. Alfred C.
Peter M. Silence
Bill Ault
Ricky Gene Liles
Johnny Lance Francescon
Darrell Burkhart
Ty Chalias

May 1997
Robert James Sligar

May 1998:
Eric Wayne Andrews

May1999:
Jim Mettler
Monia Lisa Walker-Perry
Marc Brian Smith
Dwight Graham

May 2001:
Jim Englebretson
David Andrew Enos
Sandra Singleton

May 2005:
Robert Davolt
Charlie Preston (Duke of Dragonlaire)
George Stanley

Year Unknown:
Bob Ingram
Lew Kelly
Bob Lambert
Jerry Leach

In Loving Memory of friends lost last month April 2006:

Richard Wyman
Marty Tenich
Monte Olson

WHEN SOMEONE YOU LOVE BECOMES A MEMORY THE MEMORY BECOMES A TREASURE

To add the name of friends, family, or loved ones to MGW's IN LOVING MEMORY column, call (916)737-0309.

HEPATITIS+

Hepatitis A, B and C, which many of us are familiar with. There is also D, E, G and H.

It's human nature to rationalize and I believe it's more important than sex. If you don't believe me contemplate on the last dry spell you had and how long it lasted? Now try and give up any sort of self-rationalizations for ½ of that unbearable time period.

Just thinking about it proves my point. So what am I getting at? Over the last near decade some impressive new drugs referred to as antiretroviral have decreased the viral levels of many individuals with HIV that the general population begins to feel that HIV and AIDS are less of a threat than once believed and therefore unprotected sex becomes increasingly popular once again. This trend has sparked an increase in STDs and even more concerning, a rise in Hepatitis.

What is Hepatitis? Literally, it is inflammation of the liver. It may be caused by a virus or from other problems like alcoholism. Viral hepatitis has many subgroups, for instance there is Hepatitis A, B and C, which many of us are familiar with. There is also D, E, G and the last I've heard there is an H.

Hepatitis A is an infection that is caused by the HAV virus and it's found in feces of people with the virus and is usually spread through close personal contact including sharing living quarters. It can also be spread through eating food like infected shell fish and drinking water that has been contaminated. Those at risk are individuals sharing a household with an infected person, sex with an infected person, needle and non needle drug use and persons traveling to areas outside the United Stated where Hepatitis is more prevalent. There is no standard treatment for Hepatitis A; however I recommend to my patients a liver detoxification program eating lightly with a diet in leafy green vegetables and a complete avoidance of alcohol. The public needs to know that once infected with Hepatitis A the individual never is infected again however 15% of cases due have a relapse of symptoms over a 6-9 month period.

Hepatitis B is found in Blood and certain body fluids. Its spread when the infected blood from one individual enters the body of another and through unprotected sex, sharing needles, getting tattoos or other needle sticks that were infected. Infected mothers may also transmit the virus to the babies during birth. Exposure to blood under any situation is a risk for transmission. Those persons at high risk are those who have more than one sex partner within a 6 month period, persons diagnosed with a STD, men who are having same sex partners, needle drug users and health care or public safety workers. Hepatitis B has an incubation period of 45-160 with an average of 120 days. This is a chronic infection for 5 % of adults in the U.S. and death from chronic liver disease occurs in 15-20% of infected persons. These individuals have a much higher risk of liver failure and liver cancer.

Hepatitis C is also found in blood and certain body fluids and it is spread similarly to Hepatitis B with one exception. Hepatitis C is not usually contracted through sexual contact. Not impossible however, but it is rare. More commonly are those who are injecting drug users, recipients of clotting factors made prior to 1987, hemodialysis patients, organ transplant recipients before 1992 and infants born from infected mothers. The incubation period for HCV is 14-180 days with an average of 45 days. Chronic infection occurs in 75-80% of infected persons. In the U.S. 8-10,000 people die each year from HCV.

If you fall into one of the risk categories and are experiencing jaundice—a yellowing of the eyes and skin, have dark color urine or pale stool, if you are experiencing periods of fatigue, nausea, abdominal pain, fever, vomiting or diarrhea then you should consult with your doctor immediately and request a liver panel or liver biopsy. Hepatitis is a very serous disease and in some cases may lead to death.

Madonna once sang, "Express Your Self", which is good advice but protect yourself as well. Always use condoms unless you and your partner are in a long-term monogamous relationship. Even then careful planning, communication and consulting with your health care professional is highly advised. Remember one of the significant dangers of Hepatitis is that many individuals are unaware that they are infected until they begin to express symptoms. That could be months from the initial exposure-so play nice, be responsible and never over rationalize—especially after 3 dirty martinis.

Written by
Daniel Brannigan D.C.
& Darnell Stephenson of
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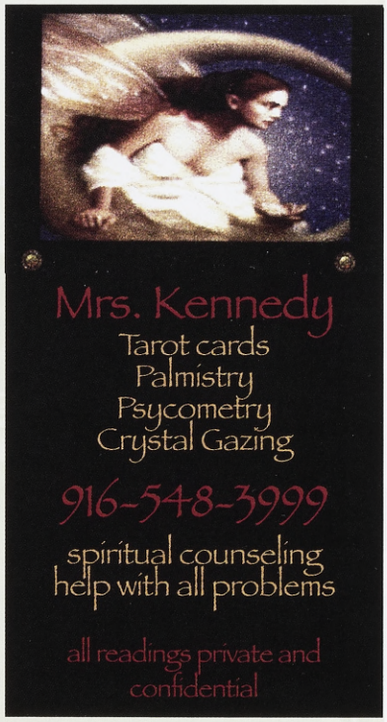

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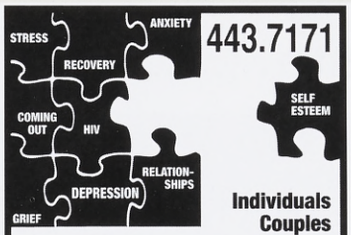

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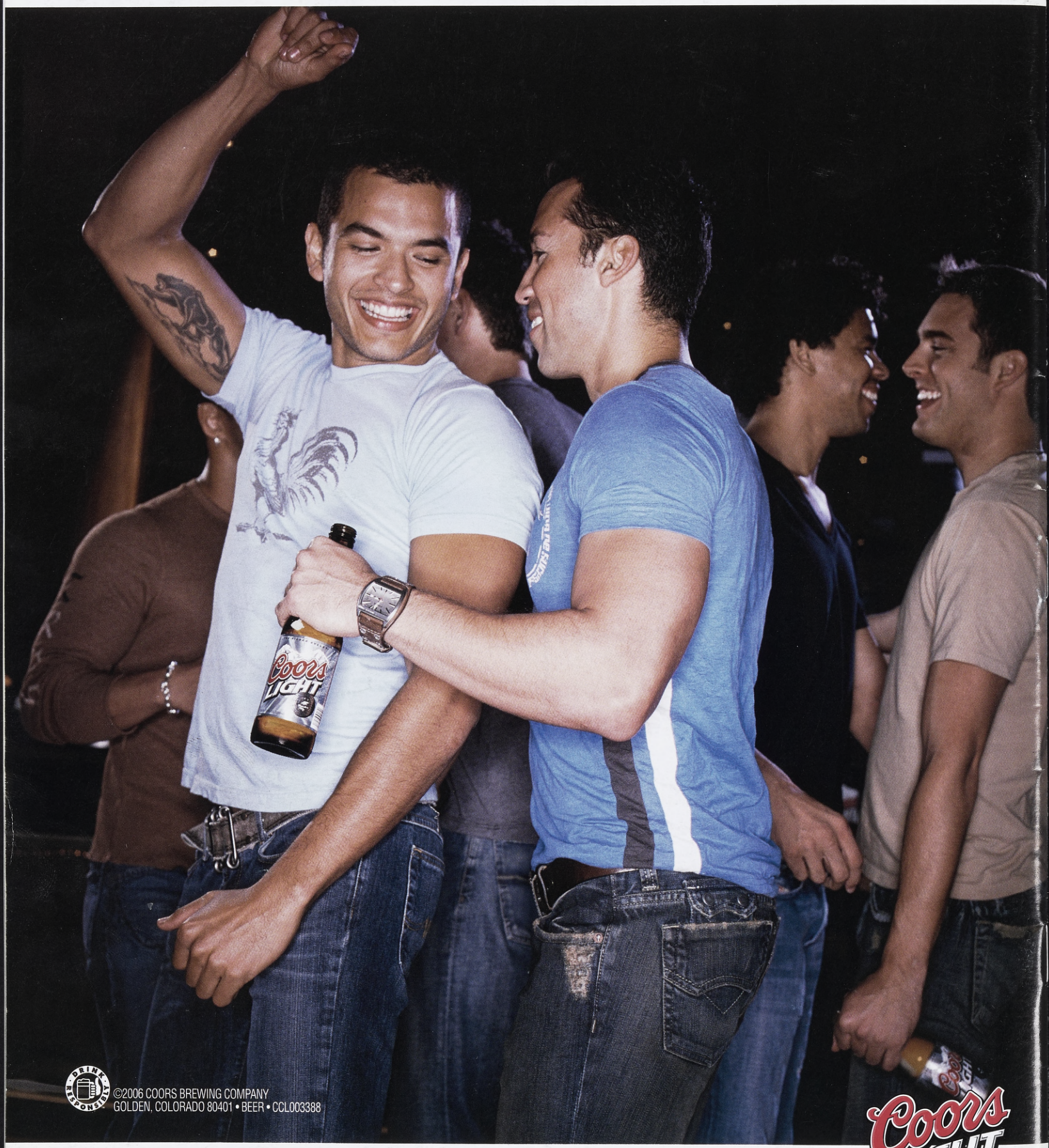

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